

To ORA,  
Wishing you happiness  
in your future.  
from the Staff of  
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Nursery School  
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M. Marce  
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Naomi ditto  
Jonia Rose  
Monica Lub  
Jane

# “International Goodwill” Recipe Book

3rd Edition



Compiled and Edited  
by :

VIOLET WITTERT and GERTRUDE HARVEY COHEN



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## Foreword

THERE are many people for whom cookery books are not only technical manuals but a favourite form of reading matter. For them a new book of recipes is as stimulating as benzedrine and as soothing as a tranquillizer. Such recipe book addicts are not necessarily good cooks.

To them and to the real cooks alike, this new and revised edition of the "International Goodwill" Recipe Book will be most welcome, with its recipes for dishes "just like mother used to make," as well as its instructions for preparing exotic foods from far-off lands. Few will be able to resist the call of the skillet and the rolling-pin once they have started to browse among these pages.

The members of the Yeoville Branch of the Johannesburg Women's Zionist League are to be congratulated on their initiative and their zeal in compiling this book, with its admirably clear and simple instructions. Since the proof of the pudding is always in the eating, the fact that there has been a demand for a third edition is sufficient testimony to its popularity.

I am glad to have been given this opportunity of adding my congratulations to the ladies who have compiled and edited, and those who have contributed to, this little volume and would like to wish them and their readers "Bon Appetit," or as we say in Israel — "Beteavon!"

FAY DORON,  
(Wife of the Consul-General of Israel.)

## GIFT PAGE

May This Book

Bring You

Many Happy Hours

With Best Wishes

From .....

To .....

This book belongs to .....

This book appears under the gracious patronage of Mrs. I. Bavly, wife of the Envoy Extraordinary and Minister Plenipotentiary of Israel to the Union of South Africa.

## Goodwill Message

Never underestimate the power of an expertly arranged dinner. It helps surmount misunderstandings, foster friendships, establish new relations. Strangers feel nearer, opponents lose their bitterness.

We have an excellent basis for all this in your delightful book.

Good Luck to The International Goodwill Recipe Book.

(Mrs.) HANNA BAVLY,

*The Israel Legation.*

Sincere appreciation is due to the following members of the Israeli Diplomatic and Consular Corps who, during their respective terms of office, so graciously undertook the organisation of the International Section of this book:-

- 1.) Mrs. Ora Goitein, (wife of the Minister of Israel,) —1950 Edition
- 2.) Mrs. Anne Hyman, (wife of the Minister of Israel,) —1954 Edition
- 3.) Mrs. Hanna Eylon, (wife of the Consul for Israel,) —1954 Edition

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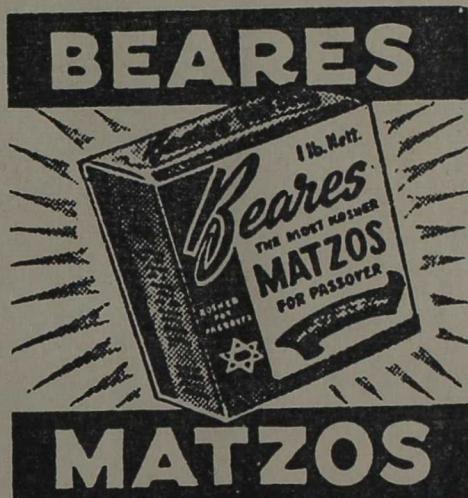
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# MEASURES AND EQUIVALENTS

(By courtesy of Teachers' Training College and School of Domestic Science, Witwatersrand Technical College)

## 1. MEASURING:

Use standard measuring cups and spoons.

A standard American measuring cup equals  $\frac{1}{2}$  pt. (8 fluid ozs.)

A standard American tablespoon holds  $\frac{1}{4}$  oz. flour.

A standard American teaspoon holds one-third of a tablespoon.

ALL MEASUREMENTS ARE TAKEN LEVEL.

3 teaspoons = 1 tablespoon

1 fluid oz. = 2 tablespoons

4 tablespoons = quarter cup

1 gill =  $\frac{1}{2}$  cup; (a gill =  $\frac{1}{4}$  pt.)

$5\frac{1}{8}$  tablespoons = one-third cup

2 Cups Butter ... ... ... = 1 lb.

$2\frac{1}{4}$  Cups Rice (uncooked) ... ... ... ... = 1 lb.  
(approx. 8 cups when cooked)

2 Tablespoons Butter = 1 oz.

2 Cups Sugar (granulated) = 1 lb.

5 $\frac{1}{2}$  Cups Cocoanut ... ... = 1 lb.

2 $\frac{1}{4}$  Cups Brown Sugar (firmly packed) = 1 lb.

3 Cups Cornflour ... ... = 1 lb.

3 $\frac{1}{4}$  Cups Icing Sugar ... = 1 lb.

4 Cups Cheese (grated) ... ... = 1 lb.

3 Tablesp. Icing Sugar = 1 oz.

3 $\frac{1}{2}$  Cups Currants ... ... = 1 lb.

2 $\frac{1}{2}$  Cups Dates (stoned and chopped) = 1 lb.

2 $\frac{3}{4}$  Tablesp. Castor Sugar = 1 oz.

4 Cups Flour ... ... ... = 1 lb.

1 $\frac{1}{2}$  Cups Syrup ... ... ... = 1 lb.

4 Tablespoons Flour = 1 oz.

1 $\frac{1}{2}$  Cups Honey ... ... ... = 1 lb.

3 $\frac{1}{2}$  Cups Unsifted Flour = 1 lb.

2 Cups Cream ... ... ... = 1 pint

4 Cups Nuts (coarsely chopped) = 1 lb.

## OVEN TEMPERATURE

Electric.      Gas.      Coal.

275-320° F. =  $\frac{1}{2}$ -1 = Very Slow.

## TO TEST OVEN WITH NO INDICATOR

325 = 2 = Slow.

Sprinkle a little Flour on Baking Tin. Put in Oven. Shut Door. Take out after 3 minutes.

350 = 3 = Mod. Slow.

Colour of Flour:      Oven

375 = 4 = Moderate.

White = Slow.

400 = 5 = Moderate.

Deep Cream = Moderate.

425 = 6 = Hot.

Light Brown = Hot.

450 = 7 = Very Hot.

Dark Brown = Very Hot.

475 = 8 = Very Hot.

500 = 9 = Very Hot.

## USEFUL COOKING TERMS

**AU GRATIN:** A food coated with cheese, or with a thick cheese sauce, or with breadcrumbs mixed with butter and cheese.

**BASTE:** To spoon melted fat, drippings or sauces over roasting meat or other foods, while cooking.

**BEAT:** Smooth a mixture, by introducing air with a brisk motion that lifts it over and over (not "folding" or "mixing").

**BLANCH:** To remove skins from certain foods by leaving in boiling hot water for a few minutes (e.g., Almonds).

**BLEND:** To mix two or more ingredients so thoroughly, that each loses its identity (e.g., oil and vinegar).

**BRAISE:** To cook meat by browning in fat and then simmering in a covered pan in a small amount of liquid.

**BROIL or GRILL:** To cook by exposing the food directly to the heat, e.g., over hot coals, directly under gas or electric heat, or between two heated surfaces.

**CONFECTIONER'S SUGAR:** Icing Sugar.

**CREAM:** To work foods with a spoon or beater until soft and fluffy. Usually applied to butter (or shortening) and sugar.

**CROUTONS:** Crisp cubes of bread prepared by toasting or frying in very little fat. Usually served with soup.

**DICE:** To cut into small cubes.

**EVAPORATED MILK:** Unsweetened condensed milk.

**FOLD IN:** Blend an ingredient into a mixture, without beating, by lightly lifting it over and over from the bottom of the bowl, through to the top, until thoroughly mixed (e.g., when adding baking powder, beaten egg whites, or whipped cream).

**GRANULATED SUGAR:** Ordinary White Sugar.

**GROUND SUGAR:** Castor Sugar.

**GRIEBENIS:** Small pieces of browned fat and onion left after rendering poultry fat.

**MARINADE:** Oil and acid mixture (e.g., French Dressing), in which food soaks to give flavour to meats and vegetables.

**MARINATE:** To soak in a marinade.

**PARAVA:** Neither meat nor milk to conform with Kosher requirements.

**PAR-BOIL:** To boil or simmer for a short time, until partially done, in preparation for cooking by another method (e.g., potatoes).

**POACH:** To cook slowly in just enough hot liquid to cover.

**PUREE:** Smooth thick liquid made by forcing cooked fruit or vegetables through a strainer.

**SAUTE:** To cook in a very small quantity of fat, constantly turning and moving the food about.

**SCALD:** To heat liquid, usually milk, to just below boiling point.

**STOCK:** Rich extract remaining after meat, fish, poultry or vegetables (or a combination of these foods) has been boiled in liquid. Used as a basis for soups and gravies.

## BAKING EQUIPMENT

It is advisable to have your baking shelf or cupboard stocked with the following equipment, most of which is essential.

Rolling Pin.

Pastry Board.

\* \* \*

Flour Scoop.

Set of Measuring Cups.

Set of Measuring Spoons.

Scale.

\* \* \*

Set of Sandwich Tins.

Loaf Tins (small and large).

Cake Tins (various shapes and sizes).

Baking Sheets.

\* \* \*

Mixing Bowls.

Wooden Mixing Spoons.

Egg Beater.

Rubber Scrapers.

\* \* \*

Icing Tubes and Shapes.

Biscuit and Scone Cutters.

Cocktail-size Fancy Shape Cutters.

Thimble.

Pastry Blender.

Pastry Wheel.

Sharp-edged Knife.

\* \* \*

Flour Sifter.

Dredgers—for sprinkling Castor Sugar, Cinnamon and Sugar, Flour, etc.

\* \* \*

Grater.

Nut and Cheese Mincer.

\* \* \*

Pastry Brush.

\* \* \*

Greaseproof and Wax Paper.

Wire Cooling Racks.

## SUGGESTIONS

(1) As far as possible keep baking materials together in one place. Whatever can be hung from hooks should be suspended, so as to be easily available.

(2) Keep a note-book and pencil always handy in your baking cupboard. Make a quick note of any ingredient which is running out. Don't wait to find that you are short of something when already baking.

## PREPARATIONS FOR BAKING

1. Read recipe through carefully, to make sure you have all required ingredients.
2. Assemble: (a) required ingredients; (b) necessary equipment; Grease cake tins or baking sheets; dust cake tins with thin film of flour, or paper-line if instructed.
3. Arrange oven shelves in correct position, before switching on oven.
4. Learn to know your oven. You may have to use your own discretion regarding temperatures, as your particular oven may require to be a little hotter or cooler than the given temperature.
5. Switch on oven beforehand, in time for it to reach required temperature by the time mixture is ready.
6. Weigh and measure all ingredients accurately; note whether flour is to be sifted before measuring.
7. Use only level measurements, unless recipe states otherwise.
8. Do not pack flour tightly into measuring cup. Heap it in lightly with a spoon or scoop, and level off top with knife or spatula.

## BISCUITS AND SMALL CAKES

Notes

1

## FUDGE FOUR O'CLOCKS

|                              |                              |
|------------------------------|------------------------------|
| 2 ozs. Chocolate             | 1 cup chopped Nuts           |
| 3 Eggs, beaten               | 1/4 cup Shortening           |
| 1 cup Cake Flour             | 1 cup Sugar, 1/2 teasp. Salt |
| 1 teasp. Royal Baking Powder | 1/2 cup Milk                 |

**Method.**—Melt chocolate and pour over shortening. Mix well. Beat eggs up until thick and lemon coloured; add sugar gradually beating well with each addition; combine mixtures and add a little of the flour. Sift rest of flour, salt and baking powder together and add alternately with the milk. Add chopped nuts. Spread in two 8" x 8" pans which have been greased and lined with wax-proof paper. Bake in slow oven. When ready cut into 32 bars each 1" by 4". Ice with white icing and decorate with 1/2 walnut on each square.

Temperature: 325°.

Time: 20 mins.

BELLE BERLOWITZ.



2

## TWO LAYER WALNUT SQUARES

## 1st LAYER

|                       |                              |
|-----------------------|------------------------------|
| 1/3 cup Shortening    | 1/3 cup Confectioner's Sugar |
| 1 teaspoon vanilla    | 1 Egg Yolk                   |
| 1 1/3 cups Cake Flour |                              |

## 2nd LAYER

|                          |                                |
|--------------------------|--------------------------------|
| 2 Eggs                   | 1 cup Brown Sugar              |
| 2 tablespoons Cake Flour | 1 cup chopped Nuts             |
| 1/2 teaspoon Salt        | 1/4 teasp. Royal Baking Powder |
| 1 teaspoon Vanilla       | 1/2 cup Cocoanut               |

**Method for First Layer.**—Cream shortening and confectioner's sugar together. Add vanilla and egg yolk. Beat. Add flour and mix well. Press dough into pan which has been lined with waxed paper.

Temperature: 425°. Time 12-15 mins.

**Method for Second Layer.**—Beat eggs and sifted sugar together and fold in sifted dry ingredients. Add remaining ingredients and spread over the baked crust. Bake again and when cold cut into squares. Best if served within two days of making.

Temperature: 350°. Time 25-30 mins.

BELLE BERLOWITZ.

Notes

## 3

## STUFFED MONKEYS

|                              |                                |
|------------------------------|--------------------------------|
| $\frac{1}{4}$ lb. Butter     | $\frac{1}{2}$ cup Sugar        |
| $2\frac{1}{4}$ cups Flour    | Pinch Salt, 2 Eggs             |
| 1 teasp. Royal Baking Powder | $\frac{1}{2}$ teaspoon Vanilla |

**Method.**—Rub butter with sifted dry ingredients. Add well-beaten eggs and vanilla. Form a soft dough. Roll into long narrow strips about 3" wide. Brush with melted butter. Sprinkle over a little cinnamon. Spread generously with assorted cake fruits (currants, sultanas, raisins, candied peel, etc.) moistened with a little jam. (Or spread jam on thinly over the butter and sprinkle thickly with the assorted fruits.) Roll up well and press lightly. Cut the roll into thin strips (about 1"), glaze with egg beaten with a little sugar. Leave plain or sprinkle with chopped nuts and bake until nicely browned.

Temperature : 450°. Time : 8-10 mins.

NOTE.—This dough can be used for a variety of plain and fancy biscuits, descriptions of which will be found in the section on "Technique of Biscuit-Making."

DORA SIERADSKI.

★ ★ ★

## 4

## GINGER BISCUITS

|                                     |                                   |
|-------------------------------------|-----------------------------------|
| $\frac{1}{2}$ lb Syrup              | $\frac{1}{4}$ cup Sugar           |
| 2 ozs. Butter                       | 2 Eggs                            |
| dash of Pepper and Salt             | $\frac{1}{2}$ dessertspoon Ginger |
| $\frac{1}{4}$ pkt. Bicarbonate Soda | Flour as required                 |

**Method.**—Warm syrup and bicarbonate of soda, and keep in warm place for half an hour. Mix dry ingredients, then add beaten egg and warmed syrup mixture. Add enough flour to make fairly stiff dough. Make a long roll approximately diameter of half a crown. Cut the roll in slices  $\frac{1}{4}$ " thick. Dip in sugar and bake until slightly brown.

Temperature : 375°. Time : 15 mins.

OLGA GUINSBERG.

★ ★ ★

## 5

## MOONBEAM KISSES

|                                    |   |
|------------------------------------|---|
| 2 Egg Whites, beaten               | $\frac{1}{2}$ cup Sugar, 1 teasp. Vanilla |
| $\frac{3}{4}$ cup Blanched Almonds | $1\frac{1}{2}$ cups chopped Dates         |

**Method.**—Beat egg whites until stiff. Add sugar gradually and beat well. Shred almonds, chop dates and fold into egg white mixture. Add vanilla and blend carefully. Drop by teaspoons on to ungreased heavy paper.

Temperature : 250°. Time : 18-20 mins..

BELLE BERLOWITZ.

6

## COCOANUT COOKIES

Notes

$\frac{1}{4}$  lb. Butter  
 1 cup Sugar  
 1 Egg  
 $\frac{1}{2}$  teaspoon Vanilla

1 teas. Royal Baking Powder  
 $1\frac{1}{2}$  cups Flour  
 $\frac{1}{2}$  cup shredded Cocoanut  
 $\frac{1}{4}$  teaspoon Salt

**Method.**—Cream butter and sugar, add egg and vanilla. Add sifted dry ingredients, and mix well. Lastly mix in the cocoanut. Place teaspoonsful of the mixture, 1" apart, on a greased baking sheet. Press a piece of glace cherry on top of each and bake until brown.

Temperature : 375°.

Time : Approx. 10 mins.

DORA SMITH.

★ ★ ★

7

## POST TOASTIES BISCUITS

$\frac{1}{4}$  lb. Butter  
 2 tablespoons Sugar  
 1 Egg  
 $\frac{1}{2}$  cup Raisins,  $\frac{1}{2}$  cup Dates

$\frac{1}{2}$  cup cut Almonds  
 $1\frac{1}{2}$  cups Flour  
 $\frac{1}{2}$  teas. Royal Baking Powder  
 Vanilla Essence

**Method.**—Cream butter with sugar, and add beaten egg, raisins, dates, almonds, flour, baking powder and vanilla essence. Form into dough. Roll 1 teaspoon of mixture in crushed post toasties, and place each in a patty tin. Bake until brown.

Temperature : 350-400°.

Time : About 15-20 mins.

DORA SMITH.

★ ★ ★

8

## GINGER SNAPS

3 ozs. Butter  
 $\frac{1}{2}$  cup Syrup  
 $\frac{1}{4}$  cup Brown Sugar  
 2 teaspoons ground Ginger  
 2 cups Flour

$\frac{1}{4}$  teaspoon Salt  
 $\frac{1}{2}$  teas. Royal Baking Powder  
 $\frac{1}{4}$  teaspoon Bicarbonate Soda  
 1 Egg Yolk, or  $\frac{1}{2}$  beaten Egg  
 (if required)

**Method.**—Melt butter and syrup. Add brown sugar, and heat to boiling point. Stir till sugar is dissolved. Add ginger, and cool. Sift flour, salt, baking powder and bicarbonate of soda. Add to syrup mixture. If necessary, add 1 egg yolk or  $\frac{1}{2}$  beaten egg. Form into rolls. Wrap in grease-proof paper and chill in refrigerator until needed. When required, slice  $\frac{1}{4}$ " thick and bake. (This dough will keep in the refrigerator for 2 or 3 weeks.)

Temperature : 400°.

Time : 15-20 mins.

DAWN COHEN.

★ ★ ★

9

## SPECIAL GINGER BISCUITS

$2\frac{1}{2}$  cups Flour  
 1 cup Sugar  
 $\frac{1}{2}$  lb. Butter  
 1 Egg Yolk

1 teas. Royal Baking Powder  
 $\frac{1}{4}$  teaspoon Salt  
 About 6 pieces chopped Ginger  
 preserved in Syrup

**Method.**—Sift flour, salt, baking powder, add sugar, melted butter, egg yolk and ginger (cut in small pieces). Mix well. Put into Swiss roll pan and press down firmly. Prick all over with fork. Bake and cut into squares while still hot.

Temperature : 430°.

Time : 30 mins.

EDITH WAX

## Notes

## 10

## CRACKNEL BISCUITS

4 Eggs

1 teaspoon Salt

2 tablespoons Sugar

Flour to make firm dough

1 tablespoon Oil

**Method.**—Beat eggs and sugar well. Add other ingredients, mix to a firm dough, roll out and cut into shapes with a biscuit cutter. Boil in water containing 2 teaspoons sugar and salt to taste, until the biscuits float to the top. Drain biscuits with an egg-slice, and bake on greased pan.

Temperature : 400°.

Time : Till Light Brown.

DEBORAH JUDES.

★ ★ ★

## 11

## JAM FINGERS

4 cups Flour

1 tablespoon Syrup

3 Egg Yolks

1/2 teasp. Bicarb. Soda dissolved

1/2 lb. Butter

in 1 tablesp. warm Milk

4 tablespoons Sugar

**Method.**—Cream butter and sugar. Add yolks and beat. Then add syrup, flour and dissolved bicarbonate of soda. Force through "cookie-maker," using the flat ridged shape. Cut into 2" lengths. When baked and cold, sandwich two together with jam.

Temperature : 375-400°.

Time : Till light brown.

RUTH WUNSH.

★ ★ ★

## 12

## PIGS' EARS

8 ozs. Butter

1 teaspoon Lemon Juice

1 cup Cream

Pinch of Salt

2 cups Flour

Castor Sugar

**Method.**—Chop butter coarsely into flour and salt. Add cream and lemon juice, and form a fairly soft dough. Wrap in greaseproof paper and leave in refrigerator for about 3 hours. Place on a floured board, and roll out a few times, sprinkling castor sugar on all sides each time, and rolling it in. Then roll out into a thin oblong shape, about  $\frac{1}{8}$ " thick. Roll over each end to meet in the centre. Then place one roll on top of the other and press down slightly. Slice thinly, and place far apart on a greased pan sprinkled with castor sugar. Sprinkle castor sugar on top of each Pig's Ear. When baked to a light brown, turn each one over, sugar the other side, and put back in the oven for a couple of minutes.

Temperature : 450°.

Time : Until Lightly Browned.

RAYE CHANANI.

★ ★ ★

## 13

## PUFFED WHEAT BISCUITS

1 Egg, 6 ozs. Butter

1 1/2 cups Flour

3/4 cup Sugar

3 cups Puffed Wheat

**Method.**—Cream butter and sugar. Add beaten egg. Mix, and then add flour and puffed wheat. (Dough is lumpy and moist). Place teaspoonsful on greased pan. Bake till golden brown. Biscuits will be soft, so allow to cool before removing from tin.

Temperature : About 400°.

Time : About 15 mins.

ANONYMOUS.

14

## RUSK BISCUITS

Notes

6 Eggs  
 1 cup Sugar  
 1/2 cup Oil  
 2 teasp. Royal Baking Powder

1 heaped teaspoon Maizena  
 Pinch Salt  
 1 teaspoon Ginger  
 4 cups Flour

**Method**—Beat eggs and sugar well. Add oil and sifted dry ingredients. Oil baking tins. Roll out dough, which must be soft, and pat it on to the tins. Brush over with water, sprinkle on sugar, and bake. When ready, cut into rusks, and bake until brown.

Temperature: 400°.

Time: 15 mins.

BERTHA MARGOLIS.

★ ★ ★

15

## TART OR BISCUIT DOUGH

1/4 lb. Butter  
 2 1/2 cups Flour  
 2 teaspoons Royal Baking Powder

1/2 cup Sugar  
 1 Egg beaten in a cup with a fork, and Sour Cream added to fill cup

**Method**—Rub butter into flour. Add rest of dry ingredients, then beaten egg with cream. Work into a dough and roll out for tart. Cut into shapes and decorate for biscuits.

Temperature: Hot.

Time: Until Lightly Browned

DEBORAH MALKIN.

★ ★ ★

16

## DATE SLICES

2 cups Flour  
 2 Eggs  
 1/2 cup Sugar  
 2 tablespoons Syrup  
 1/2 lb. packet Dates

1/4 lb. Butter  
 2 teaspoons Ginger  
 1 teaspoon Bicarbonate Soda  
 1/4 teaspoon Mixed Spice  
 1 dessertsp. warm Water  
 4 tablespoons hot Water

**Method**—Combine flour, sugar and ginger, and rub with the butter. Add beaten eggs and warmed syrup. Add bicarbonate of soda which has been dissolved in the dessertspoon of warm water.

Mash up the dates with the hot water, and add the mixed spice and mash very well to a smooth paste.

Divide dough into three parts. Roll each into a long narrow strip. Spread with date mixture over the top, and roll up (3 separate rolls). Bake till golden brown, and slice when cool.

**Ed. Note**—A little more flour may be added if necessary.

Temperature: 325-350°.

Time: 40-45 mins.

RAE LIPSCHITZ.

★ ★ ★

17

## CINNAMON BUTTER COOKIES

1/2 lb. Butter  
 1/2 lb. Flour  
 2 Egg Yolks

6 tablespoons Sugar  
 2 teaspoons Cinnamon  
 1/4 teaspoon Salt

**Method**—Rub butter into flour, add salt, sugar, cinnamon and egg yolks. Cut into shapes, brush with egg white, slightly beaten. Sprinkle with sugar and chopped nuts.

Temperature: 350-400°.

Time: 10 mins.

EDITH WAX.

Notes

## 18

## MUFFINS

|                             |                                |
|-----------------------------|--------------------------------|
| $\frac{1}{2}$ lb. Flour     | 1 Egg, $\frac{1}{2}$ pint milk |
| $\frac{1}{2}$ teaspoon Salt | 1 oz. Sugar                    |
| 3½ teasp. Royal Bak. Powder | 1½ oz. Melted Butter           |

**Method.**—Sift together dry ingredients. Beat egg, add milk and cooled, melted butter. Add liquid mixture to dry ingredients, mix quickly, do not beat. Grease muffin pans, half fill with this mixture and bake. This batter should be mixed and baked quickly to ensure good results.

Temperature : 425°.

Time : 20 mins.

BELLE BERLOWITZ.

★ ★ ★

## 19

## NUT AND DATE BISCUITS

|                          |                              |
|--------------------------|------------------------------|
| 1 cup chopped Walnuts    | 1 teasp. Royal Baking Powder |
| 1 cup chopped Dates      | 1½ large cups Flour          |
| $\frac{1}{4}$ lb. Butter | 2 Yolks and 1 White of Eggs  |
| $\frac{1}{2}$ cup Sugar  | 1 teaspoon Vanilla           |

**Method.**—Cream butter and sugar. Add chopped fruit and nuts and rub well together. Sift flour and baking powder, and add alternately with beaten eggs. Pat into flat greased pan to  $\frac{1}{2}$ " thickness, and brush the top with milk. Bake in a fairly hot oven till brown, and cut when cool.

Temperature : 400°.

Time : 15-20 mins.

RAHLIE HURWITZ.

★ ★ ★

## 20

## SHORTBREAD

|                          |                            |
|--------------------------|----------------------------|
| $\frac{1}{4}$ cup Sugar  | 1 teaspoon Almond Essence  |
| $\frac{1}{2}$ lb. Butter | ½ teaspoon Vanilla Essence |
| 2½ cups Flour            |                            |

**Method.**—Cream butter and sugar. Add other ingredients. Put into greased flat biscuit pan and press down well. Prick, and impress lines. Bake until pale brown, and cut while hot.

Temperature : 350°.

Time : 20 to 30 mins.

AMY PERLMAN.

★ ★ ★

## 21

## OATS BISCUITS

|  |                              |
|--|------------------------------|
| 1 cup Flour                            | $\frac{1}{4}$ lb. Butter     |
| 1 cup Jungle Oats                      | 1 tablespoon Syrup           |
| 1 cup Cocoanut                         | 1 teaspoon Bicarbonate Soda  |
| $\frac{3}{4}$ cup Sugar, Pinch of Salt | $\frac{1}{4}$ cup warm Water |

**Method.**—Mix dry ingredients and rub in butter. Add syrup and bicarbonate of soda mixed with warm water. Roll into small balls, placing them a little apart on a greased baking tin, and bake.

Temperature : 350-375°.

Time : 15-20 mins.

ETHEL MILNER.

22

## SWEDISH BRANDY BISCUITS

Notes

$1\frac{1}{2}$  lbs. *Flour*  
1 lb. *Butter*,  $\frac{1}{2}$  lb. *Sugar*

1 wine glass *Brandy*  
 $\frac{1}{2}$  teaspoon *Salt*

**Method.**—Cream butter and sugar, add salt, flour and brandy. Cover, set aside and allow to stand for 1 hour. Roll out to  $\frac{1}{2}$  inch thickness, cut into rings. Brush with beaten egg and sprinkle with chopped almonds and sugar.

Temperature: 350-400°.

Time: 10 mins.

EDITH WAX.

★ ★ ★

23

## PIGS' EARS

$\frac{1}{2}$  lb. *Butter*  
 $2\frac{1}{2}$  cups *Flour*  
Castor Sugar (only for dust-  
ing on board)

Pinch of *Salt*  
 $\frac{1}{2}$  pint *Sour Cream*  
2 heaped tablespoons *Corn-  
Flour*

**Method.**—Sift dry ingredients. Rub in butter with fingers. Add sour cream, and form into dough. Place overnight in frig. Cut dough in two, leaving one piece in frig. to keep cold while working on second piece. Roll out on board sprinkled with castor sugar (mixed with the smallest possible amount of flour to prevent any sticking). Roll to form a fairly thin slab, about 15" x 9". Trim with knife to get straight edges. Start folding outer ends inwards until the two rolls meet in the centre. Cut roll into small slices (about  $\frac{3}{8}$ " wide), press each down lightly with rolling-pin. Do the same with the second piece of dough. Bake on greased pan until golden brown.

Temperature: About 400°

Time: About 8-10 mins.

GERTRUDE HARVEY COHEN.

★ ★ ★

24

## CHINESE CHEWS

1 cup *Flour*  
2 teasp. *Royal Baking Powder*  
Pinch of *Salt*  
2 Eggs, 2 teaspoons *Milk*

2 ozs. *Melted Butter*  
 $\frac{1}{2}$  cup *Sugar*, 1 cup *Dates*  
 $\frac{3}{4}$  cup *Nutmegs*  
 $\frac{1}{2}$  cup *Cherries*  
1 teaspoon *Vanilla*

**Method.**—Sift flour, baking powder, salt. Add sugar. Chop nuts, cherries, dates (not too small) and add. Beat eggs with milk; add to melted butter and vanilla; add to flour. Mixture is fairly dry. Spread on greased baking sheet, 14" x 8". Bake until golden brown. When cold, cut into squares or fingers.

Temperature: 325 to 350°.

Time: 25 mins.

FAY DINER.

JACK AND JILL SHOES — A FAMILY AFFAIR

## Notes

## 25

## CINNAMON SLICES

6 Eggs  
1 cup Sugar  
6 ozs. melted Butter  
 $\frac{1}{2}$  cup Sour Cream  
6 level teasp. Royal Baking Powder

Juice of  $\frac{1}{2}$  Orange  
Cinnamon and Sugar (about 1 dessertspoon of each)  
Jam, Flour  
 $\frac{1}{2}$  teaspoon Salt

**Method.**—Beat together eggs, sugar, butter, cream, orange juice. Mix 4 cups flour with the baking powder and salt, and add to the liquid mixture. Then continue to add more flour until mixture forms a firm dough (must not be too soft).

Cut dough up into sections, each one approximately the size of a cup. Roll each piece into a long thin strip. Spread each strip with jam, and then sprinkle liberally with cinnamon and sugar. Roll each strip up into a long thin roll, and brush with beaten egg yolk. Place rolls on greased baking sheet, not too close together. When baked, cool slightly and cut into slices about 1" thick.

Temperature: 400°. Time: 20 mins.

BETTY ADLER.

★ ★ ★

## 26

## JAM TURNOVERS

7 ozs. Flour  
1 teasp. Royal Baking Powder  
 $\frac{1}{4}$  lb. Butter  
1 cup Sour Cream

1 Egg, separated  
Pinch of Salt  
Jam for filling  
Sugar for sprinkling

**Method.**—Rub together sifted dry ingredients and butter. Add cream and yolk of egg. Form into dough. If too loose, add a little extra flour, but do not make dough too stiff. Sprinkle pastry board with flour and sugar, roll out dough about  $\frac{1}{8}$ ", cut into rounds with a biscuit cutter (about the diameter of a tumbler, or smaller if preferred). Put a dab of jam in the centre, dampen the edges slightly, fold over, and press edges together, forming a crescent shape. Brush with slightly beaten egg white, sprinkle with sugar, and bake on greased biscuit tin in hot oven till very pale brown.

Temperature: About 450°. Time: About 10 mins.

PHYLLIS NAGLE.

★ ★ ★

## 27

## GROUND ALMOND BISCUITS

$\frac{1}{4}$  lb. Butter  
2 ozs. Castor Sugar  
1 teasp. Royal Baking Powder

$\frac{1}{4}$  teasp. Salt, Yolk of 1 Egg  
1 oz. Ground Almonds  
6 oz. Flour

**Method.**—Cream butter and sugar well. Add yolk and mix. Add the rest of the ingredients making a putty-like dough. Roll dough  $\frac{1}{4}$ " thick and cut into fancy shapes. When cool jam biscuits together using either apricot or raspberry jam.

Temperature: 375°. Time: 20 mins.

HEDA MACHLUP.

28

## GINGER BISCUITS

Notes

|                      |                         |
|----------------------|-------------------------|
| 1½ lbs. Flour        | 2 tablespoons Ginger    |
| 1 lb. Sugar          | Pinch of Salt           |
| ½ lb. Syrup          | ½ pkt. Bicarbonate Soda |
| ½ lb. Butter, 3 Eggs | ½ pkt. Cream of Tartar  |

**Method.**—Sift together all dry ingredients. Crumb in butter. Add warmed syrup. Add well beaten eggs. Knead very well with dry ingredients. Wrap dough in greaseproof paper and leave in refrigerator overnight. Form into tiny balls, press down with thumb and space apart on pan as biscuits tend to spread.

Temperature : 350°. Time : 7-10 mins.

BECKY MYERS.

★ ★ ★

29

## BROWNIES

|                       |                          |
|-----------------------|--------------------------|
| 1 cup chopped Walnuts | 2 Eggs                   |
| ¼ lb. Butter, Vanilla | 1 cup Sugar              |
| ¼ lb. Plain Chocolate | ½ cup Self Raising Flour |

**Method.**—Beat eggs well. Add sugar and beat. Add melted butter and chocolate. Add remaining ingredients. Bake in greased shallow pan. Cut while hot.

Temperature : 350°. Time : 20 mins.

MAY KENTRIDGE.

★ ★ ★

30

## BUTTERSCOTCH VANILLA BISCUITS

|                            |                            |
|----------------------------|----------------------------|
| 6 ozs. Butter, 2 Egg Yolks | 9 ozs. Flour               |
| 3 ozs. Ground Almonds      | 2 tablespoons Castor Sugar |
| Butterscotch Icing         | Vanilla, Flaked Almonds    |

**Method.**—Cream butter and sugar till light and fluffy. Add very well beaten yolks. Add flour gradually, and stir in gently. Add ground almonds and vanilla. Roll out thinly (if any difficulty with the rolling, dough can be patted with the palms instead) and cut into half-moon shapes. When baked and cold, sandwich two together, and cover tops, with the following butter-scotch icing and trim with thinly flaked almonds.

Temperature : 350°. Time : Till very light brown.

## BUTTER SCOTCH FILLING AND ICING :

|                      |                          |
|----------------------|--------------------------|
| 2 tablespoons Butter | 3 tablesp. Flour         |
| 1 cup Milk, 1 Egg    | ½ cup Sugar              |
| 1½ tablesp. Caramel  | Salt, 1 tablesp. Vanilla |

**Method.**—Melt butter. Gradually stir in flour until well blended. Remove from stove and gradually add milk, stirring constantly; add sugar, well beaten yolk, salt and vanilla. Return to stove for a few minutes, and stir constantly until mixture thickens, but do not allow to curdle. Then add the Caramel and allow to cool. (Will keep if stored in a jar in refrigerator.)

## CARAMEL :

Brown 3 tablespoons sugar on a dry pan over slow heat. Add 3 tablespoons boiling water, stir and cook for a few seconds till brown and syrupy. If too thick add a little more water.

VIOLET WITTERT.

Notes

## 31

## BUTTER NUT CREAMS

|   |                            |
|---|----------------------------|
| $\frac{1}{4}$ lb. Butter, $\frac{1}{4}$ lb. Sugar | 2 $\frac{1}{2}$ cups Flour |
| 2 Eggs  | 4 ozs. chopped Walnuts     |

**Method.**—Cream butter and sugar, add beaten egg yolks. Sift flour; add to mixture. Roll into small balls. Dip into unbeaten white of egg. Press into chopped nuts. Place on baking tray and bake in a cool oven.

Temperature. About 275°.

Time: About 20-25 mins.

GERTRUDE HARVEY COHEN.

★ ★ ★

## 32

## PEANUT BUTTER BISCUITS

|                               |                           |
|-------------------------------|---------------------------|
| $\frac{1}{2}$ lb. Butter      | 1 cup Brown Sugar         |
| 1 cup Peanut Butter           | $\frac{1}{2}$ teasp. Salt |
| 4 Eggs                        | 1 cup White Sugar         |
| 3 $\frac{1}{2}$ —4 cups Flour | 1 teasp. Bicarbonate Soda |

**Method.**—Cream two butters together adding sugars gradually. Cream well. Mix in unbeaten eggs one at a time. Sift together dry ingredients and add to mixture. (Use sufficient flour so as to be able to roll into balls). Roll dough to size of large marbles; flatten slightly with fork.

Temperature: Moderate.

Time: Until golden brown.

ZELMA MEYEROWITZ (Paris)

★ ★ ★

## 33

## MIDGET DOUGHNUTS

## A Novelty Easy To Make

|                            |                        |
|----------------------------|------------------------|
| Day-Old White Bread        | A little Cinnamon      |
| Condensed Milk (sweetened) | A little Grated Nutmeg |
| Oil, Castor Sugar          | (optional)             |

**Method.**—Cut 1" cubes of white bread, after removing crusts. Coat the cubes by rolling in condensed milk. Heat oil in pan for deep frying. (Oil is ready for use when a plain bread cube can be lightly browned in 60 seconds.) Brown the coated cubes to a golden colour, and drain on brown paper. Have ready a paper bag in which is mixed the castor sugar, cinnamon and nutmeg. Place drained doughnuts, a few at a time, in bag, close top, and shake gently to coat doughnuts.

Best if served hot, but may be served cold too.

GERTRUDE HARVEY COHEN.

★ ★ ★

## 34

## CRUNCHIES

|   |                            |
|---|----------------------------|
| $\frac{1}{4}$ lb. Butter                | 1 cup Oats, 1 cup Sugar    |
| 1 tablespoon Syrup                      | 1 $\frac{1}{2}$ cups Flour |
| $\frac{1}{2}$ teaspoon Bicarbonate Soda | 1 cup ground Cocoanut      |

**Method.**—Mix flour, oats, sugar and cocoanut together. Melt butter, syrup and bicarbonate of soda and then mix both together. The mixture is crumby, so flatten out into pan and press down well. Bake in a greased pan. Cut into shapes or squares while hot.

Temperature: 300°.

Time:  $\frac{1}{2}$  hour.

HELEN ARON.

HAVE YOU THOUGHT OF THIS BOOK AS A GIFT?

35

## VANILLA CRESCENTS

Notes

|                             |              |
|-----------------------------|--------------|
| 6 ozs. Flour, 5 ozs. Butter | 2 ozs. Sugar |
| 2 ozs. grated Hazelnuts     | 1 Egg Yolk   |

**Method.**—Combine ingredients on a board by first rubbing butter into flour, then adding nuts and sugar mixed, and lastly the egg yolk. Cut dough into 4 sections. Shape into long rolls with hands. Divide up and form into small crescents, place on ungreased pan, and bake in hot oven till delicately browned. Pour some "Vanilla Sugar" on some greaseproof paper, and dip the still warm biscuits into it.

Temperature: 400-500°. Time: Approx 6 mins.

Note.—"Vanilla Sugar" is made by placing some sugar in a glass jar, and placing in it a few broken up vanilla sticks. The sugar becomes vanilla flavoured and can be used whenever required. Refill sugar when necessary.

ANONYMOUS.

★ ★ ★

36

## ALMOND MACAROONS

|                      |                              |
|----------------------|------------------------------|
| ½ lb. Ground Almonds | 1 teasp. Orange Flower Water |
| 4 Egg Whites         | or Orange Flavouring         |
| 6 ozs. Castor Sugar  |                              |

**Method.**—Beat whites very stiff, fold in sugar, lightly add ground almonds and flavouring. Shape into following assortment:

1. **Horse-shoe Macaroons:** Force through bag with large "star" tube into "horse-shoe" shape. Force a second layer over this shape. Bake in moderate oven for about 10-12 minutes.

2. **Macaroon Fingers:** Force through bag with large "star" tube into 2" lengths. Bake in moderate oven about 10 minutes. When cold, dip half into chocolate icing.

3. **Macaroon Tarts:** Line patty tins with thin rounds of dough used for "Butterscotch Vanilla Biscuits" Recipe No. 36. Put a dab of jam in the centre, and fill with a layer of almond macaroon mixture.

Temperature: 350°. Time: 10-15 mins., or till slightly browned.  
VIOLET WITTERT.

★ ★ ★

37

## RUSKS

|                               |                      |
|-------------------------------|----------------------|
| 2 cakes Yeast, 3 teasp. Flour | Cinnamon             |
| 7 heaped cups Flour           | ½ cup lukewarm Water |
| 1 cup Sugar                   | 2 cups lukewarm Milk |
| 2½ teasp. Salt                | ¼ lb. Butter, 2 Eggs |

**Method.**—Dissolve yeast in water, add 3 teasp. flour, and set aside. Crumb a little flour with the butter. Sift remaining flour with salt. Sprinkle crumbed mixture on to sifted mixture. Beat eggs and sugar well; add milk. Pour this into a well in centre of flour mixture. Add yeast and form a dough. Leave overnight. Then knead thoroughly. Roll into fingers 4" long and 1" thick. Dip in melted butter and place close together in pan. Bake at 350-375°, until brown on top but only half done. Remove, break each one apart, and roll in cinnamon and sugar. Bake again in very slow oven until dry.

JANE SALLIS (Heilbron).

## Notes

## 38

## BISCUIT DOUGH

|  |  |
|--|--|
| 2 cups Flour, $\frac{1}{4}$ lb. Butter               | 2 large Eggs                                 |
| $\frac{1}{2}$ cup Cornflour, $\frac{3}{4}$ cup Sugar | Pinch Salt                                   |
| 1 teasp. Flavouring                                  | 1 $\frac{1}{2}$ teaspoon Royal Baking Powder |

**Method.**—Cream butter and sugar. Add beaten eggs, flavouring, then dry ingredients. Roll out, use as desired. Will keep in fridge.

ANNE BONER (Cape Town)

★ ★ ★

## 39

## DATE AND ALMOND BISCUITS

|  |                              |
|--|------------------------------|
| 6 ozs. Butter, $\frac{1}{2}$ cup Sugar | 2 Eggs                       |
| $\frac{1}{2}$ cups Flour               | 1 teaspoon Vanilla           |
| 4 tablesp. Sugar (additional)          | 1 teasp. Royal Baking Powder |

**Method.**—Cream butter and sugar. Beat in yolks and essence. Add flour and baking powder. Spread dough on to greased tin. Cover with date mixture. Beat whites stiffly, adding the 4 tablespoons sugar. Spread over dates and sprinkle with chopped nuts. Cool slightly; cut into squares.

## DATE MIXTURE :

|                                |                     |
|--------------------------------|---------------------|
| $\frac{1}{2}$ cup Orange Juice | 1 cup chopped Dates |
|--------------------------------|---------------------|

**Method.**—Cook until soft, cool.

Temperature : 325°.

Time :  $\frac{1}{2}$  hour.

REGINA SCHNEIDER.

★ ★ ★

## 40

## MELTING MOMENTS

|   |  |
|---|--|
| $\frac{1}{2}$ cup Sugar, $\frac{1}{4}$ lb. Butter | $\frac{1}{2}$ teasp. Royal Baking Powder |
| $\frac{3}{4}$ cup Cornflour, 1 cup Flour          | 1 Egg, Vanilla                           |

**Method.**—Cream butter and sugar, add beaten egg. Sift in dry ingredients. Add vanilla. Place 1 teaspoon mixture in patty-pans,  $\frac{1}{2}$  cherry on top. Bake.

Temperature : 350°.

Time : Till golden brown.

DORA SMITH.

★ ★ ★

## 41

## MANDELBRAUT

|                                 |  |
|---------------------------------|--|
| $\frac{3}{4}$ lb. Flour, 6 Eggs | 1 cup Sugar, Pinch Salt                    |
| 1 dessertsp. melted Butter      | $\frac{1}{2}$ lb. washed and dried Almonds |

**Method.**—Beat eggs well, add sugar and salt; beat again. Add butter and whole almonds (unblanched), then flour. (Dough must not be too soft, so add extra flour if needed.). Place in long rolls flattened to  $\frac{1}{2}$ " thick by about 3" wide, on well-greased and very well-floured tins. Bake 400-450° till well baked, but not brown. Cut each roll into  $\frac{1}{2}$ " strips, place on tins with cut sides up, and bake again on both sides.

Temperature : 250°.

Time : Till very light brown.

VIOLET WITTERT.

42

## SOUR CREAM BISCUITS

Notes

4 Eggs, 1 cup Sugar  
 $\frac{1}{4}$  lb. Butter  
 $\frac{1}{2}$  pint Sour Cream

2 teasp. Vanilla Flavouring  
 2 dessertsp. Royal Baking  
 Powder, Flour

**Method.**—Beat eggs and sugar well, add melted butter, cream, flavouring and baking powder. Add sufficient flour to form a dough firm enough to handle. Roll out, cut into any desired shapes and bake.

Temperature: 350°.

Time: Till light brown.

CELIA KIRSON.

★ ★ ★

43

## BISCUITS

$\frac{3}{4}$  lb. Butter  
 $\frac{1}{2}$  lb. Sugar  
 1 Egg

Flour to make a firm dough  
 About 3 tablesp. Cornflour  
 Very small pinch of Salt

**Method.**—Cream butter and sugar. Add well-beaten egg. Sift dry ingredients. Add to batter, using flour until dough is firm. Roll on lightly floured board and cut into shapes. Bake to a good biscuit colour.

To trim, see 'Technique of Biscuit Making.'

Temperature: 375-400°.

Time: 10 mins.

(Editorial Note.—This dough will keep in frig. for several weeks if wrapped in greased greaseproof paper.)

GERTRUDE HARVEY COHEN.

★ ★ ★

44

## SHORTBREAD

1 lb. Flour  
 $\frac{1}{2}$  lb. Butter

$\frac{1}{4}$  lb. Sugar  
 Pinch of Salt

**Method.**—Mix together flour, sugar and salt. Take about half this quantity and start kneading the half lb. butter into it. Gradually add rest of dry ingredients and continue kneading well until all is used up. Divide into portions, place on a greased baking tin and pat each one into a long flat strip (using floured hands) about  $\frac{1}{2}$  in. thick and 4 in. wide. Pinch edges with thumb and forefingers to flute same, prick all over well with fork. After baking, cut into  $\frac{1}{2}$  in. strips and allow to cool before removing from tins.

Temp.: 350-375°. Time: Until light brown but well baked.

DORA SIERADZKI.

## Notes

## 45

## COOKIE-MAKER BISCUITS

*½ lb. Butter, 6 ozs. Sugar      1½ teaspoons Royal Baking  
2 Eggs, 14 ozs. Flour      Powder  
2 ozs. Maizena, Salt, Vanilla*

**Method.**—Cream butter and sugar. Add eggs and vanilla and beat well. Sift dry ingredients together and add to mixture. Press through cookie-maker machine into various shapes, on to very slightly greased tins.

Temperature : 400-425°.      Time : Till light brown.

**Note.**—A few varieties can be made, by dividing dough into portions, and kneading in cocoanut, orange-rind, ground almonds, cocoa, etc. Place small piece of cherry, a silver ball or a few chopped nuts on some; leave others plain.

PEGGY BENJAMIN.

★      ★      ★

## 46

## PATTY PAN COOKIES

|                             |                                     |
|-----------------------------|-------------------------------------|
| <i>2 cups Flour, 2 Eggs</i> | <i>3 teasp. Royal Baking Powder</i> |
| <i>1 cup Milk</i>           | <i>5 tablesp. Butter</i>            |
| <i>1 cup Sugar, Vanilla</i> | <i>Paper Cups</i>                   |

**Method.**—Cream butter and sugar, add eggs, one at a time, and beat well. Add flour and milk alternately, ending with flour. Add baking powder and vanilla. Fill paper cups  $\frac{3}{4}$  full and bake. Decorate with whipped cream and cherries.

Temperature : 350°.      Time : 15-20 mins.

JANE SALLIS (Heilbron).

★      ★      ★

## 47

## VANILLA TARTLETS

## TART SHELLS :

**Method.**—Roll out Mürber Teig (see Recipe No. 129). Cut into circles with round biscuit cutter to fit small patty or tart tins. Prick bottoms with a fork. Bake in hot oven, and then allow to cool.

Temperature : 400-450°.      Time : Till delicately browned.

## TO FILL THE SHELLS :

**Method.**—Fill small tart shells with Vanilla Cream, and top with any tinned or fresh fruit as desired. When using tinned fruit, boil together 1 cup fruit juice and 1 cup sugar until thick. Cool, and spoon over the tartlets.

## VANILLA CREAM :

|                             |                           |
|-----------------------------|---------------------------|
| <i>2 Egg Yolks</i>          | <i>1 oz. Cornflour</i>    |
| <i>3 ozs. Vanilla Sugar</i> | <i>½ cup boiling Milk</i> |

**Method.**—Combine ingredients and stir till smooth. Allow mixture to come to the boil slowly, taking care to stir constantly in order to avoid lumps. Cool and use.

(Note.—See instructions for "Vanilla Sugar" in Recipe No. 35.)

ANONYMOUS.

48

## MERINGUES

Notes

3 Egg Whites

1 cup Castor Sugar

**Method.**—Partly fill the lower half of a double boiler with cold water. Put ingredients in upper saucepan. Beat with a rotary beater until water boils. Remove from stove and continue beating until mixture is quite cool and firm. Line a pan with ungreased greaseproof paper. Force through icing-bag or tube, and bake.

Temperature : 200°.

Time : Till set.

GERTRUDE HARVEY COHEN.

★ ★ ★

49

## NIGGER HEADS

3 Eggs

1 teaspp. Royal Baking Powder

3 tablespoons Sugar

Pinch Salt

3 tablespoons Flour

**Method.**—Rub yolks and sugar. Fold in stiffly beaten whites. Fold in flour and baking powder. Grease patty tins, and fill each two-thirds full. When baked, split and fill each with sweetened whipped cream or thick custard. Place each in a paper cup, ice the top with chocolate glacé icing, made with icing sugar, cocoa and hot water, and decorate as desired with 100's and 1,000's, chocolate vermicelli, etc.

Temperature : 400°.

Time : 7-10 mins.

RUTH WUNSH.

★ ★ ★

50

## ECLAIRS AND CREAM PUFFS

**IMPORTANT NOTE**—(Jeanette Cohen)—Eclairs must bake long and slowly, otherwise the insides remain moist and doughy. Bake at 450° for 10 minutes, then 350° for 35 minutes at least. Beaten eggs must be added one at a time, preferably in mixmaster.

★ ★ ★

2 Eggs

1½ ozs. Butter or Margarine

2½ ozs. Flour

¼ pint Water

**Method.**—Bring water and butter to boil and remove from stove. Add sifted flour and stir well. Return to stove, and while stirring, allow to cook very slowly for about a minute, until the mixture leaves the sides of the saucepan clean and forms a smooth ball. Cool slightly, and then add the lightly beaten eggs gradually, beating well all the time. The mixture should now be slack but not liquid. Put the mixture into a "Nutbrown" Biscuit Maker with the open-ended nozzle attached. Force out about 3" lengths on to a greased pan, cutting with a knife to free each length. Bake in a moderate oven, and when ready, make a slit in each so that the steam can escape, and cool. When cold, fill with sweetened whipped cream or a firm custard, and either sprinkle with icing sugar or pour over a thin chocolate icing.

HODIE OSTROFSKY (Bloemfontein).

## Notes

## 51

## LAMMINGTONS

|                                   |   |
|-----------------------------------|---|
| $\frac{1}{4}$ lb. Butter          | $\frac{1}{2}$ teaspoon Bicarbonate Soda |
| 1 tea-cup Sugar                   | $1\frac{1}{2}$ cups Flour, Pinch Salt   |
| 2 Eggs, $\frac{1}{2}$ cup of Milk | 1 teaspoon Cream of Tartar              |

**Method.**—Cream butter and sugar. Add eggs, one at a time. Beat well. Dissolve bicarb. thoroughly in milk. Add to mixture. Sift remaining dry ingredients. Add to mixture. Place in greased square tin (8 in x 10 in.). Hollow centre of batter slightly to obtain level baked cake. Bake in a moderate oven. When cool, cut into squares and proceed with Chocolate Coating.

Temperature: About 325°. Time: About 20-25 mins.

## CHOCOLATE COATING:

|                                   |                                  |
|-----------------------------------|----------------------------------|
| $1\frac{1}{4}$ cups boiling Water | $1\frac{1}{2}$ teaspoons Vanilla |
| $2\frac{1}{2}$ ozs. Butter        | $2\frac{1}{2}$ tablespoons Cocoa |
| $1\frac{3}{4}$ cups Icing Sugar   |                                  |

**Method.**—Mix all ingredients. Bring to boil. Working quickly, dip each square into the hot chocolate and roll in cocoanut. Do not allow them to soak. Part of Lammington mixture can be used to make different shapes by filling eclair-pans. Bake 6-8 mins. Coat as above, but handle very carefully.

**Note.**—It is best to use small quantity of coating at a time; work with fingers.

GERTRUDE HARVEY COHEN.

★ ★ ★

## 52

## CHOCOLATE SQUARES

|                                 |                               |
|---------------------------------|-------------------------------|
| 2 Eggs, $\frac{3}{4}$ cup Sugar | 3 tablesp. Cocoa, 1 cup Flour |
| $\frac{1}{4}$ lb. Butter        | 1 cup chopped Walnuts         |
| 1 teasp. Royal Baking Powder    | 1 teaspoon Vanilla            |

**Method.**—Beat eggs well, add sugar, beat thoroughly. Add melted butter. Mix in cocoa. Add other ingredients. Bake in swiss roll tin.

Temperature: 375°. Time: 15-20 mins.

## ICING:

**Method.**—Melt generous tablespoon butter with 3 tablespoons cocoa. Add unbeaten white of egg, mixed with  $\frac{3}{4}$  cup icing sugar. Add to cocoa. Pour over cake while hot. Cut into squares when cold.

HANNY SEEFF.

★ ★ ★

## 53

## MERINGUES

|                           |   |
|---------------------------|---|
| 3 Egg Whites              | 3 teasp. Royal Baking Powder            |
| $1\frac{1}{4}$ cups Sugar | $\frac{1}{4}$ teasp. Vanilla (optional) |

**Method.**—Beat whites stiffly; add two-thirds of the sugar gradually. Beat until very stiff. Sift remaining sugar with baking powder, fold in gently. Drop spoonful on unglazed paper; bake in cool oven until dry.

Temperature: 200-250°. Time: Until quite dry.

SOPHIE COHEN.

54

## BRANDY SNAPS

Notes

|                        |                             |
|------------------------|-----------------------------|
| 1½ ozs. Brown Sugar    | 2 ozs. Butter, 2 ozs. Flour |
| ½ teaspoon Lemon Juice | ½ teaspoon Ginger           |
| 2 ozs. Golden Syrup    | ½ teaspoon Brandy           |

**Method.**—Warm butter, sugar, syrup and ginger until melted. Sift in flour, and add lemon juice and brandy. Place teaspoonful on greased tin a good distance apart to allow for spreading. When baked, roll each quickly over the greased handle of a wooden spoon, and slip off carefully. Should they harden before rolling, put back in oven for a second or two to soften. Just before serving, fill each with sweetened whipped cream, either by dropping with a small teaspoon through each end, or with an icing tube.

Temperature: 300°.

Time: About 15 mins.

VIOLET WITTERT.

★ ★ ★

55

## CRUMPETS

|                              |                              |
|------------------------------|------------------------------|
| 1 cup Flour, 1 Egg           | 1 tablesp. Sugar, Pinch Salt |
| 1 teasp. Royal Baking Powder | ½—¾ cup Milk                 |

**Method.**—Mix dry ingredients; make well in centre. Add beaten egg and milk. Mix to smooth batter, to form dropping consistency. Grease a hot-plate, heavy fry-pan or girdle-iron. Drop mixture from spoon. Turn each crumpet when bubbles appear. Cook till lightly browned.

WENDY SEGAL.

★ ★ ★

56

## FEATHERLIGHT CRUMPETS

|                              |                          |
|------------------------------|--------------------------|
| 4 ozs. Flour                 | 1 Egg                    |
| Good Pinch of Salt           | 1 cup of Milk            |
| 1 oz. Sugar                  | 1 tablesp. melted Purene |
| 2 teasp. Royal Baking Powder |                          |

**Method.**—Sift flour and salt. Make a well in centre, add sugar, well beaten egg and half of milk. Mix well and beat to remove lumps. Add remainder of milk, then melted Purene and mix in the baking powder last. Drop spoonfuls on to greased hot plate or pan; when they start to bubble, turn and cook till the other side is lightly browned.

The success of keeping crumpets soft is to cool them, when taken off the hot plate, on a cloth.

MARY BEIGEL.

★ ★ ★

57

## SCONES

|                            |                               |
|----------------------------|-------------------------------|
| ¼ lb. Butter, 3 cups Flour | Pinch Salt                    |
| 1 tablesp. Sugar           | ½ cup Milk, 2 Eggs            |
| Little Cream               | 3 heaped teasp. Baking Powder |

**Method.**—Crumb butter with dry ingredients. Add eggs, warmed milk, and cream, whipped together. Pat out dough, cut into shapes.

Temperature: 450°.

Time: 10 mins.

RAE FANAROFF.

THEY HAVE MADE THIS BOOK POSSIBLE

2 cups flour  
1 Pint B.P.  
2 teasp sugar  
100gm. margarine  
1 egg  
+ ½ cup leben or milk

# SECRETS for the BISCUIT BAKER

## TECHNIQUE OF BISCUIT-MAKING

NOTE WELL: The main ingredients for any good selection of fancy biscuits are :

### 1. Time. 2. Patience. 3. Imagination

Biscuits cut into shapes from thinly rolled out dough, may be :

|               |                          |
|---------------|--------------------------|
| 1. Left Plain | 5. Topped with meringue. |
| 2. Glazed.    | 6. Decorated.            |
| 3. Iced.      | 7. Pin-wheeled.          |
| 4. Filled.    | 8. Check board           |
|               | 9. Cookie-maker Type     |

1. **PLAIN.**—Rolled, cut into shapes and baked. In appearance, least interesting of all.

2. **GLAZED.**—Before baking, with :—

- (a) Whole egg beaten with a little sugar.
- (b) Egg yolk, beaten and diluted with a little water.
- (c) Egg white, slightly beaten.
- (d) Milk (useful when eggs are scarce, but be careful not to dampen biscuits too much).

Glazes are applied with a pastry brush and must be spread thinly and evenly.

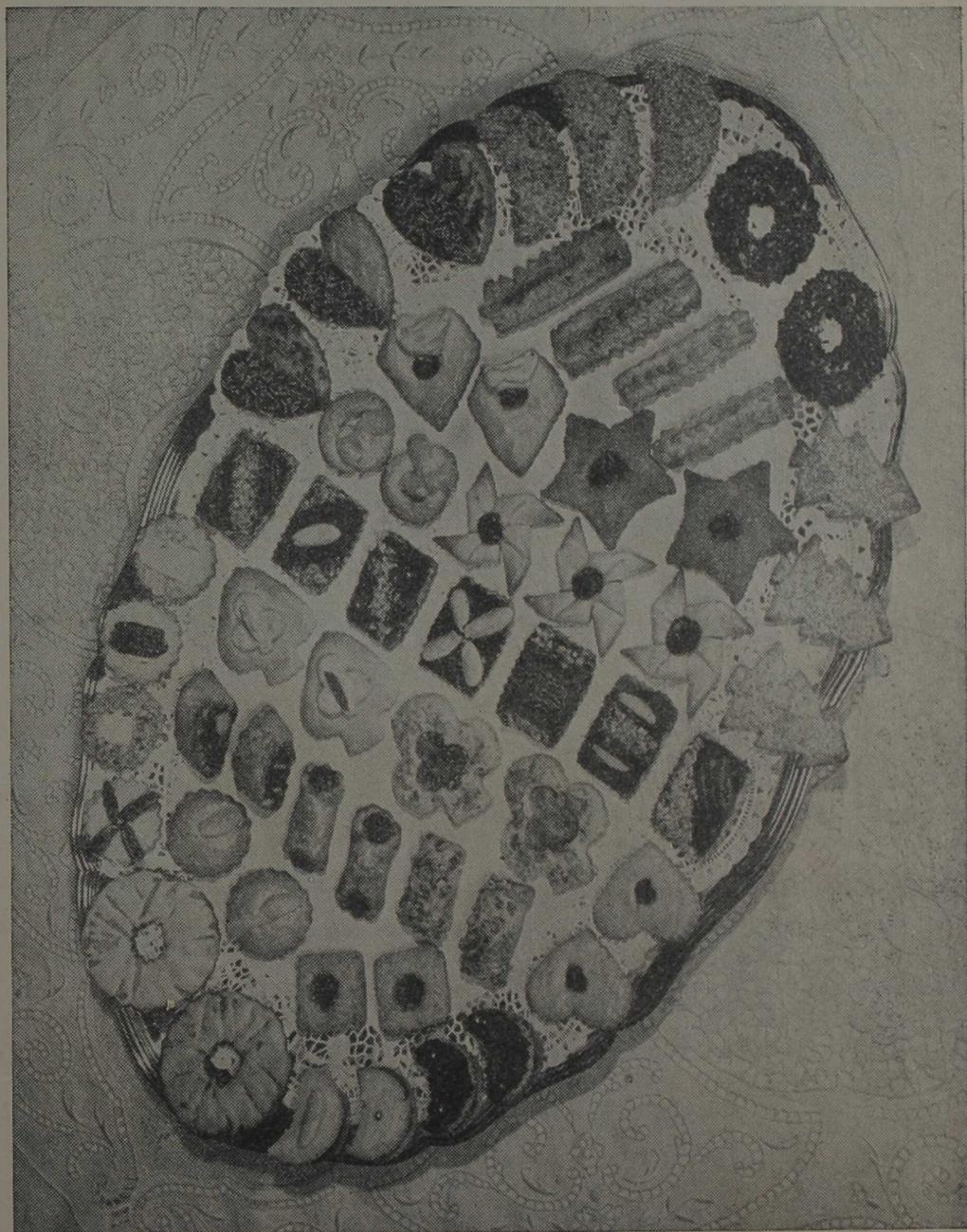
3. **ICED.**—Biscuits are first baked unglazed, cooled, then iced as follows :—

- (a) **White Icing:** A little sifted icing sugar dissolved with three or four teaspoons boiling water, added little by little so as not to make icing too watery. This gives icing a sheen.
- (b) **Coloured Icing:** As above, plus 2 or 3 drops of cochineal or other coloured essence.
- (c) **Chocolate Icing:** As in white icing, but add a little cocoa to the desired darkness when sifting icing sugar.
- (d) **Butterscotch Icing:** See "Vanilla Butterscotch Biscuits," Recipe No. 30.
- (e) **Lemon Icing:** Juice of  $\frac{1}{2}$  a lemon, small nut of butter, and as much icing sugar as it takes to form thin spreading consistency. Tint pale yellow.
- (f) **Water Icing:**  $\frac{1}{4}$  cup boiling water, small nut of butter, and as much icing sugar as it takes, to form thin spreading consistency.

Icing can be spread in the following attractive ways :—

- (a) One colour over whole biscuit.
- (b) A different colour on each half section.
- (c) Only half or a tip of biscuit iced.
- (d) Designs pressed through icing tubes with a thicker icing.

4. **MERINGUE TOPPING.**—Beat egg whites stiffly, add about 3 tablespoons sifted icing sugar, and mix well. **Before baking** (a) spread on with knife, either smooth or with streaked effect; (b) sprinkle with (a) (b) (c) or (e) of next section.



1. TIME

2. PATIENCE

3. IMAGINATION

**THE RESULT!**

---

**STOP PRESS****RAINBOW SPLASH**  
(Refrigerator Pudding)

|   |   |
|---|---|
| $\frac{1}{4}$ lb. Marshmallows            | 1 cup Pineapple or Apricot pieces (drained) |
| $\frac{1}{2}$ cup Cream                   | $\frac{1}{2}$ cup salted Pecan Nuts         |
| $1\frac{1}{2}$ cups Graham Cracker Crumbs | 1 teasp. Orange Rind                        |
| $\frac{1}{2}$ cup glacé Cherries          | 2 teasp. Rum or Sherry                      |
| $\frac{1}{2}$ cup Dates                   |   |

**Method.**—Half melt quartered Marshmallows with cream over low heat, folding over and over. Remove, continue folding until quite melted. Cool. Chop all fruits and nuts. Grease Pyrex dish, sprinkle with half of cracker-crumb. Add rest of ingredients to cream, leaving some crumbs for top of pudding. Pour into dish, sprinkle over crumbs. Chill. Serve plain or decorated with whipped cream.

GERTRUDE HARVEY COHEN.

★ ★ ★

**PINEAPPLE DUCHESS** (For "Special" Occasions)

|  |                                       |
|--|---------------------------------------|
| 1 large tin sliced Pineapples          | $\frac{1}{2}$ tablesp. Gelatine       |
| Maraschino or glacé Cherries           | 2 tablesp. cold Water                 |
| 1 cup hot and 1 cup cold Water         | 1 packet Lemon Jelly                  |
| $\frac{3}{4}$ cup sweet Cream, whipped | 2 tablesp. Sugar                      |
| Preserved Ginger (optional)            | $\frac{3}{4}$ cup hot Pineapple Juice |

**Method.**—Place 1 slice pineapple in bottom of bowl (about 8" wide and 3" deep), and line sides with more slices. Place cherry in each hole. Place smaller bowl (about  $2\frac{1}{2}$  cup) on top of centre slice, and weigh down with anything heavy. Dissolve lemon jelly in 1 cup hot water, add 1 cup cold water, and pour between the 2 bowls. Chill until very firm. Fill smaller bowl with lukewarm water and lift out carefully after  $\frac{1}{2}$  minute or less.

Soften gelatine in 2 tablesp. cold water for 5 minutes. Add sugar and hot juice and stir till gelatine dissolved. Add remaining pineapple, diced, about 10-12 cherries, sliced, and chopped ginger. Chill. When mixture begins to thicken fold in whipped cream. Pour into centre of mould. Chill until firm; unmould on large serving plate.

VIOLET WITTERT.

★ ★ ★

**ALL-BRAN SCONES**

|   |                                |
|---|--------------------------------|
| $1\frac{1}{2}$ cups Flour, 2 oz. Butter | 1 tablesp. Royal Baking Powder |
| 1 cup All-Bran, 1 Egg                   | $\frac{1}{2}$ teasp. Salt      |
| 1 tablesp. Sugar                        | $\frac{1}{2}$ cup Milk         |

**Method.**—Rub butter into dry ingredients. Add beaten egg mixed with milk. Make soft dough (add little water if necessary). Roll  $\frac{1}{2}$ " thick. Cut into rounds. Bake.

Temperature: 450°. Time: About 10 mins.

ESTHER GORDON.

★ ★ ★

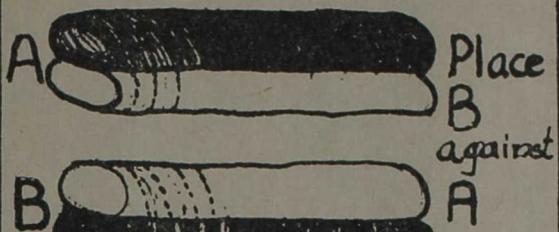
**"NON-KNEAD" MILK BREAD**

|                              |                  |
|------------------------------|------------------|
| 1 tablesp. Butter, 1 Egg     | 2 tablesp. Sugar |
| 1 lb. Flour, 1 cup warm Milk | 3 cakes Yeast    |

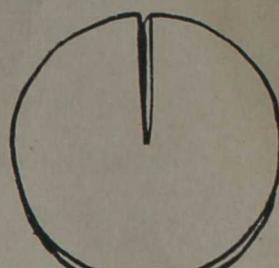
**Method.**—Dissolve yeast in a little of the milk. Melt butter in rest of milk. Beat all ingredients together very well. Allow to rise. Spoon into greased loaf tins. Bake at 375° to golden brown.

ESTHER GORDON.

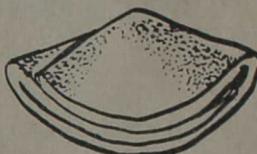
4 ROLLS = 2 Light; 2 Dark



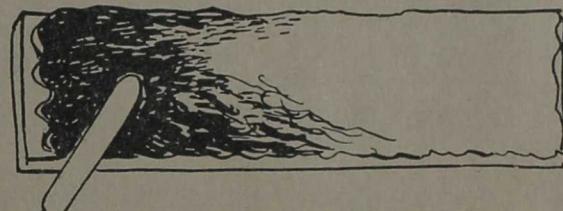
**CHECKBOARD  
BISCUITS**



**CINNAMON  
BOOLKES**

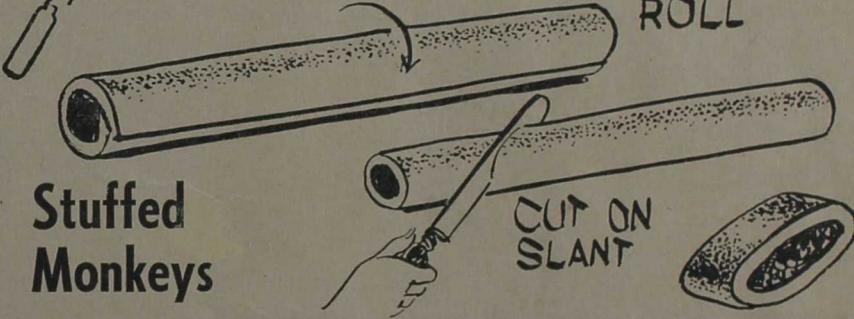


ROLL INTO LONG STRIPS 3" WIDE



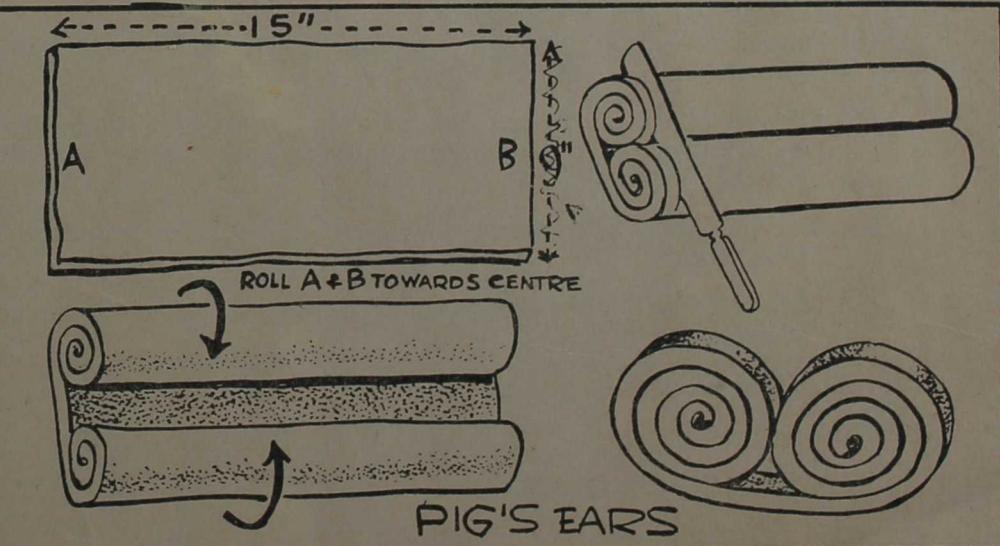
COVER WITH  
FILLING

ROLL



**Stuffed  
Monkeys**

CUT ON  
SLANT



**PIG'S EARS**

5. **DECORATED—Before baking**, first glaze or top with meringue, and then decorate with one, or an attractive combination of any of the following :—

- (a) Chopped Nuts.
- (b) Chopped Peanuts.
- (c) Cocoanut.
- (d) Candied Peel.
- (e) Hundreds and Thousands.
- (f) Whole Blanched Almonds.
- (g) Halved Walnuts.
- (h) Glacé Cherries (Red, Green, or Yellow).
- (i) Raisins, Currants or Sultanas.
- (j) Chocolate Vermicelli.
- (k) Cinnamon and Sugar.
- (l) Dates.
- (m) Flaked or Sliced Almonds.
- (n) Halved Pecan Nuts.

**After Baking**, spread thinly with desired colour of icing. Decorate with any of the above or, in addition, with :—

- (a) Crystallised flowers.
- (b) Flowers or Stars, pressed through icing tubes (but may be purchased).
- (c) Coloured "Vermicelli."
- (d) Silver Balls.
- (e) Cocoanut, white, browned or coloured. (Browned cocoanut is made by placing white cocoanut in a pan over low heat and stirring until evenly browned. Coloured cocoanut can be purchased or made by adding a few drops of colouring essence to white cocoanut and rubbing through fingers until delicately tinted).
- (f) Marzipan (see "Friandises"), delicately tinted with colouring essence, rolled thinly, and cut into tiny fancy shapes. Attach to biscuits with tiny dab of jam, lemon curd or any filling.

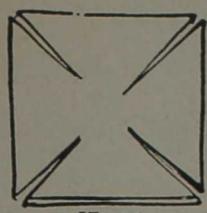
6. **FILLED**.—Use any of the following fillings :—

**Before Baking** :

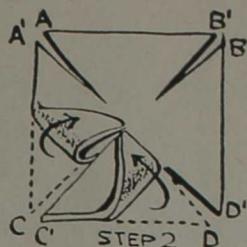
- (a) Jam (strained to remove bits of fruit).
- (b) Dates, boiled for a few minutes in very little water, mashed and seasoned to taste with ginger, cinnamon and a little lemon juice.
- (c) Assorted Cake Fruits and Candied Peel mixed with a little jam.
- (d) Prunes (stewed or soaked), mashed or minced, and mixed with currants, or chopped raisins or sultanas, and a little lemon juice.
- (e) Nuts chopped and mixed with mashed dates or prunes or a little jam.
- (f) Dates: 1 cup cooked with  $\frac{1}{2}$  cup orange juice and mashed when soft.
- (g) Lemon Curd.

**After Baking** :

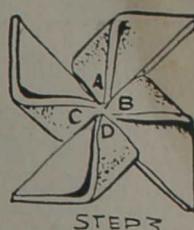
- (a) Any of the above-mentioned fillings.
- (b) Any cake filling.



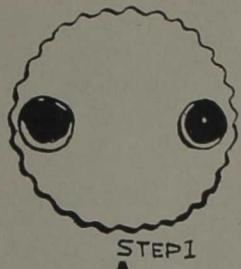
STEP 1



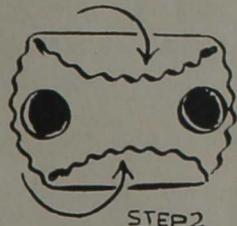
STEP 2



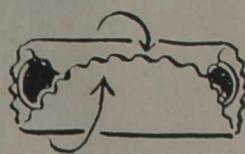
STEP 3



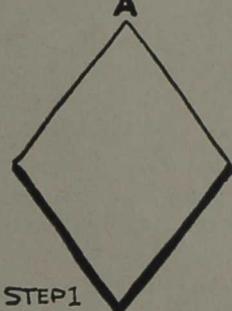
STEP 1



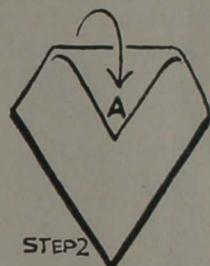
STEP 2



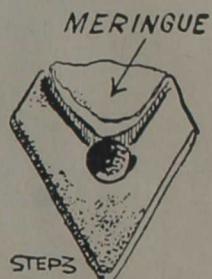
STEP 3



STEP 1



STEP 2



STEP 3



B C A

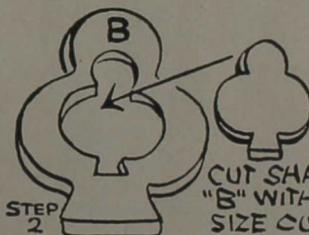
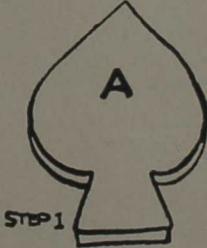


COVER WITH FILLING  
AND MAKE SLIT AT "C"



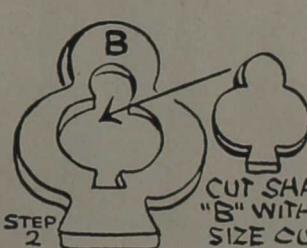
FOLD OVER "A"  
AND "B"

INSERT "A"  
INTO SLIT "C"

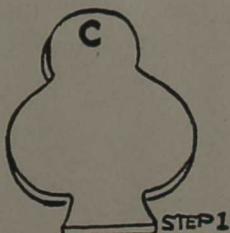


PLACE ON  
"A" AND  
INSERT  
NUT

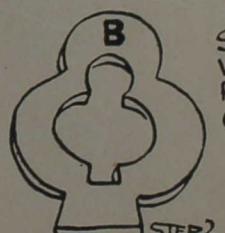
CUT SHAPE FROM  
"B" WITH COCKTAIL  
SIZE CUTTER



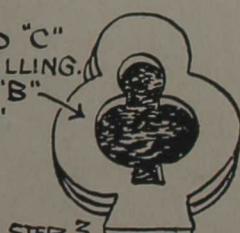
PLACE ON  
"A" AND  
INSERT  
NUT



STEP 1



SPREAD "C"  
WITH FILLING.  
PLACE "B"  
ON "C"



STEP 3

FILLED BISCUITS :

- (a) **Stuffed Monkeys** : See Recipe No. 3
- (b) **Cut-Outs** : Cut any desired shapes. Cut small centre out of half the number, with thimble or tiny fancy cutter. Spread jam on uncut ones (not right up to edge), cover with the others, glaze; sprinkle with cocoanut or sugar, or cinnamon and castor sugar; bake.
- (c) **Slices** : Roll dough thinly, place on bottom of greased, shallow baking pan, spread with desired filling, cover with second layer of thinly rolled dough, glaze, decorate (e.g., cocoanut) and bake. Cut into squares or fingers when slightly cooled; remove from tin.
- (d) **Double Rounds** : Cut into small rounds, place a filling in centre of one round, damp edges very lightly, cover with another round, press edges together, glaze and decorate with a blanched almond or chopped nuts.
- (e) **Date Rolls** : Roll dough into thin strips about  $1\frac{1}{2}$  in. by 3 in. On each strip, place a whole date, with or without a nut inside, roll up and press edges together and glaze. Can be sprinkled with chopped nuts, cocoanut, etc., if desired.
- (f) **Double Decker** : After baking, and when cold, place two unglazed biscuits together with any desired filling or jam. Ice and decorate top.

Note 1.—Fillings must not be too moist or they will be absorbed into the dough during baking.

Note 2.—Never mix biscuits which contain apples, syrup, cream or honey with others, when storing in tins, as these biscuits tend to soften the others when mixed together.

7. PINWHEEL BISCUITS :

Divide dough into two or three portions. Leave one white; colour another chocolate by kneading in a little melted chocolate or cocoa, and the third pale pink or green by kneading in a few drops of colouring essence (only two colours need be used).

Roll out one layer about  $\frac{1}{8}$  in. thick, moisten surface very slightly with a little milk or water, place second layer on top, moisten again, and if using three layers place third layer on top of that. Press lightly together. Moisten top layer very slightly, and then roll all up into a long, tight roll. Wrap in waxed paper and leave in fridge for two or three hours (or overnight) until thoroughly chilled.

Cut in slices about  $\frac{1}{8}$  in. thick, arrange on greased baking sheet, and bake according to temperature and time in given recipe. Pinwheels may be unglazed or very lightly brushed with slightly beaten egg white to impart a slight sheen, or sprinkled with castor sugar while hot.

8. CHECKBOARD BISCUITS

Divide dough into 4 portions. Leave 2 white, colour 2. Proceed as sketched, page 29. Wrap in waxed paper. Continue as for Pinwheel Biscuits.

9. COOKIE-MAKER TYPE : See Recipe No. 45

# BREAD and BUNS

58

## BREAD ROLLS

Notes

|   |                        |
|---|------------------------|
| 3 cups Flour                            | 1 cup lukewarm Milk or |
| 1 teasp. Royal Baking Powder            | water                  |
| 1 Cake Yeast, $\frac{1}{2}$ teasp. Salt | 1 dessertspoon Sugar   |

**Method.**—Sift together flour, baking powder and salt into a bowl. Dissolve the yeast in  $\frac{1}{2}$  tumbler warmed milk or water and add to the flour. Knead very well for about 15 minutes. Shape into rolls. Brush over with beaten egg.

Temperature: 375°.

Time:  $\frac{1}{2}$  hour.

HEDA MACHLUP.

★ ★ ★

59

## WHITE BREAD

### YEAST MIXTURE:—

|                  |                           |
|------------------|---------------------------|
| 1½ cakes Yeast   | 1 teaspoon Sugar          |
| 1 teaspoon Flour | 1 dessertspoon warm Water |

### DOUGH:—

|                           |                              |
|---------------------------|------------------------------|
| 8 cups Flour              | 3 Eggs                       |
| ½ cup Sugar               | 4 cups Liquid (consisting of |
| 1 dessertspoon Salt       | water plus the added Yeast   |
| ¼ teaspoon Ginger         | Mixture. The liquids must    |
| 2 teasp. melted Vegetable | be at blood heat—very im-    |
| Fat or 1 egg-cup Oil      | portant)                     |

**Method.**—Rub ingredients of yeast mixture till dissolved. Mix dry ingredients; make well in centre; pour in liquid, oil or fat, beaten eggs. Knead well. Leave overnight in covered basin in warm place. Knead again; form into loaves. Leave to rise again. Bake in hot oven 1 hr. **NOTE.**—To test for "blood heat," put a few drops on back of hand. Should feel neither hotter nor colder than hand.

RAZELLE HIRSHOVITZ (Durban).

★ ★ ★

60

## BROWN BREAD

### YEAST MIXTURE:—

|                              |                               |
|------------------------------|-------------------------------|
| 1 cake Yeast, 1 teasp. Sugar | 4 lbs. Boer Meal              |
| 1 dessertsp. warm Water      | 3 teaspoons Salt              |
| 1 teasp. Flour               | 3 cups lukewarm water         |
|                              | 1 egg-cup Oil, 2 teasp. Syrup |

**Method.**—Proceed exactly as for white Bread.

RAZELLE HIRSHOVITZ (Durban).

★ ★ ★

61

## MILK BUNS

|                               |                      |
|-------------------------------|----------------------|
| 2½ lbs. Flour, 2 cakes Yeast  | 1 cup Sugar          |
| ½ lb. Butter, 1 tablesp. Salt | 1 pint Milk (warmed) |
| 1 Egg, 4 Yolks                | ½ cup warm Water     |

**Method.**—Put flour in basin, make a well; rub yeast smoothly into a little flour in centre. Beat water into yeast mixture, cover lightly with flour. Leave to rise a short while. Add melted butter, yolks, egg, milk, salt, sugar. Knead well. Cover with cloth; allow to rise 6—8 hrs. Form into shapes, place on greased tins, keep in warm place; allow to rise again before baking at 350°, till well browned.

MIRIAM BRENER.

## Notes

62

## CINNAMON "BOOLKES" (BUNS)

|                            |                            |
|----------------------------|----------------------------|
| 5 cups Flour               | 2 cakes Yeast (in very hot |
| 1 level tablespoon Salt    | weather, use 1½)           |
| ½ pint Milk, Cinnamon      | 2 Eggs, ¼ lb. Butter       |
| 4 heaped tablespoons Sugar | Sultanas (optional)        |

**Method.**—Mix flour, sugar and salt (less one teaspoon) into basin. Make well in centre. Crumb yeast into well. Add one extra teaspoon sugar, and the remaining teaspoon salt. Add about ¼ cup lukewarm water, and mix ingredients in the "well" into loose paste. Allow to stand about 15-20 minutes, until yeast mixture bubbles. Drop in eggs, unbeaten. Warm the milk but do not heat. Cut in the butter and leave to melt. Cool, and add to ingredients in "well." Work in flour gradually, to get a soft dough, just to come clean from sides. Knead well. Cover with something thick, like a folded blanket. Put in warm place to rise overnight.

Next morning, knead lightly in basin. Cover again and leave to rise for hour or two, until about twice original size. Make long roll and cut into slices. Work each slice into a round shape, about ½ in. thick. Dust with cinnamon and add sultanas if liked. With sharp knife, slit each round from edge to centre. Fold into 3 layers. Cover, and allow to rise. Glaze with beaten egg, sprinkle with cinnamon and sugar and bake. See sketch for shaping.

Temperature : 400°.

Time : Till golden brown.

ANN BROUDE (Durban)..

★ ★ ★

63

## HAMENTASSEN

**DOUGH.**—Measure into bowl :—½ cup warm water.

Add and dissolve : 2 pkts. yeast. Stir in :—

|                     |               |
|---------------------|---------------|
| ½ cup warm Milk     | ½ cup Sugar   |
| 2 teaspoons Salt    | 2 Eggs        |
| ½ cup melted Butter | 4½ cups Flour |

**Method:**—Mix until smooth. Turn onto floured board; knead. Put in greased bowl. Cover with damp cloth. Allow to rise 1½ hours. Punch down; allow to rise another ½ hour. Roll out, cut into squares. Place Poppy Seed Filling in centre of each; fold into triangle; allow to rise another 10 mins. Brush with beaten egg and milk; bake.

Temperature . 400°. Time : 12 to 15 mins.

**Poppy Seed Filling:**—Boil 1 cup poppy seed with 1 cup milk. Add 1 oz. butter and 2 tablesp. honey; boil until thick. When cool, add 1 tart apple, grated.

**IMPORTANT NOTE:**—Poppy seed should be ground on a poppy seed grinder, which makes the filling smoother; but you will still make a good filling without grinding. An ordinary mincer does nothing to the seed.

JEANETTE COHEN.

## CAKES, PASTRY, TARTS

64

## CUSTARD LAYER CAKE

Notes

2 tablespoons Butter       $\frac{1}{4}$  cup Sugar  
 1 teasp. Royal Baking Powder      3 Eggs, Flour

**Method.**—Cream butter and sugar, add eggs, mix well, add baking powder, and enough flour to form soft dough. Divide into 6 or 8 portions. Roll each portion to fit into greased sandwich tin. When baked and cooled crumb up one layer for trimming. Spread a thin layer of jam on each of the others, then the undermentioned custard filling between the layers. Also spread custard round sides and over top. Now lightly press some of the crumbs round the sides, and sprinkle balance over top.

Temperature: 400°.      Time: Few minutes till crisp.

## CUSTARD FILLING:

Boil 1 pint milk with 1 tablespoon sugar. Mix 2 tablespoons custard powder with a little cold milk till creamy, gradually pour on boiling milk while stirring, then return to stove and continue boiling slowly till thick, stirring constantly.

VIOLET WITTERT.

★ ★ ★

65

## BUTTER-SPONGE CAKE

|                                    |                       |
|------------------------------------|-----------------------|
| 3 Eggs, $\frac{3}{4}$ cup of Sugar | 2 ozs. Butter         |
| 1 large cup of Flour (heaped       | 2 teasp. Royal Baking |
| measuring cup)                     | Powder                |
| 5 tablespoons Milk                 | Flavouring            |

**Method.**—Beat eggs and sugar until thick and creamy. Add sifted flour. Bring butter and milk to the boil and add to mixture. Lastly add baking powder.

Temperature: 400°

Time: 15 mins. in 2 sandwich tins or 25 mins. in large tin.

RUTH LAZAROW.

★ ★ ★

66

## MOCHA CAKE.

**Method.**—Exactly as Recipe 65, but increase milk to 8 tablespoons and add 3 tablespoons Nescafe.

RUTH LAZAROW.

★ ★ ★

67

## POST TOASTIES CHEESE CAKE

|                      |  |
|----------------------|--|
| 2 cups Post Toasties | 1 $\frac{1}{2}$ cups Flour, $\frac{1}{4}$ lb. Butter |
| 1 cup Brown Sugar    | 1 teasp. Bicarbonate Soda                            |

## FILLING:—

|                       |                          |
|-----------------------|--------------------------|
| 1 lb. Cream Cheese    | Lemon Juice              |
| 1 Egg, Sugar to taste | Custard Powder if needed |

**Method.**—Mix Post Toasties and dry ingredients with melted butter. Press into greased Pyrex dish, leaving small quantity for top. Put on cheese filling (if too soft add about 1 teasp. custard powder), and sprinkle with remaining Post Toasties mixture.

Temperature: 400°.      Time: 20 mins.

ANONYMOUS.

Notes

## 68

## MULTI-LAYER CAKE

## CAKE BATTER:—

9 Eggs, Separated  
9 tablespoons Flour

9 tablespoons Sugar  
2 tablespoons Sugar (additional)

**Method.**—Beat yolks and 9 tablespoons sugar very well. Mix in flour. Fold in well-beaten whites. Divide batter into 7 or more portions and bake in oiled sandwich tins, 2 or 3 at a time, as they fit into oven. Cool, and then put undermentioned filling between each layer, round the sides, and on top. Coat sides with browned cocoanut. Lastly, melt about 2 tablespoons sugar, and when syrupy, pour over the top of the cake. While syrup is hot, mark all round top into segments.

Temperature: 350°.

Time: 8-10 mins.

## FILLING:—

½ lb. Plain Chocolate  
½ lb. Butter

Icing Sugar

**Method.**—Cream butter, add melted chocolate and lastly enough icing sugar to form smooth spreading consistency.

KATIE SHEVIL.

★ ★ ★

## 69

## SULTANA CAKE

½ lb. Flour

2 tablespoons Milk

Pinch Salt

Chopped Nuts (optional)

6 ozs. Sugar

2 cups Sultanas

2 teasp. Royal Baking Powder

½ cup chopped Candied Peel

1 teasp. Vanilla

6 ozs. Butter, 3 Eggs

**Method.**—Line a cake tin with greased paper. Have fruit cleaned and dried. Sift together flour, salt and baking powder. Cream butter and sugar well. Beat in eggs, one at a time. Add nuts, fruit and essence. Stir in sifted dry ingredients. Add milk and mix thoroughly.

Temperature: Moderate oven. Time 2-2½ hours.

HETTY SACHS.

★ ★ ★

## 70

## PRESERVED GINGER CAKE

3 cups Flour, ½ lb. Butter

¾ cup Sour Milk

1 cup Castor Sugar

½ cup Syrup

¾ cup Ginger cut into small pieces

2 Eggs

2 level teasp. Bicarb Soda

**Method.**—Cream butter and sugar well. Add eggs, one at a time. Add syrup. Mix well. Add sifted flour; add sour milk to which bicarbonate of soda has been added. Finally fold in pieces of cut ginger which have been warmed slightly.

Temperature: 400°.

Time: 20 mins.

BECKY MYERS.

Notes

71

## FARFEL CAKE

|                          |                         |                              |
|--------------------------|-------------------------|------------------------------|
| $\frac{1}{4}$ lb. Butter | $\frac{1}{2}$ cup Sugar | 2 teasp. Royal Baking Powder |
| 1 Egg, 1 tablesp. Oil    |                         | 2 teasp. Vanilla             |
| 2 cups Flour             |                         | Pinch Salt                   |

**Method.**—Cream butter, sugar and oil. Add beaten egg. Add flour and rest of ingredients to mixture. Make a firm dough. Grate half of the mixture into a well-buttered baking tin. Put a layer of jam over it; then grate rest of dough over the jam and bake.

Temperature: 350°.

Time: 1 hour.

BLANCHE ABRAHAMS.

★ ★ ★

72

## GINGER FRUIT CAKE

|   |                                       |
|---|---------------------------------------|
| 1 lb. Sifted Flour                      | 3 ozs. chopped Dates                  |
| $\frac{3}{4}$ lb. Golden Syrup          | 3 ozs. cut up Cherries                |
| $\frac{1}{4}$ lb. Castor Sugar          | 3 pieces Preserved Ginger<br>(cut up) |
| $\frac{1}{4}$ lb. Butter                | 3 Eggs, Pinch of Salt                 |
| 1 heaped teasp. Ground Ginger           | 1 teaspoon Bicarbonate Soda           |
| $\frac{1}{4}$ pint Milk and Water mixed | Chopped Nuts (optional)               |
| 3 ozs. Sultanas                         |                                       |
| 3 ozs. Candied Peel                     |                                       |

**Method.**—Sift flour, salt and ground ginger. Add fruits and peel. Slowly melt butter, syrup and sugar, but do not boil or allow to get too hot. Beat eggs into this syrup, add the bicarbonate of soda dissolved in warmed milk and water, and then beat dry ingredients gradually into the mixture.

Temperature: 350°. Time: In 1 large tin: About 1½ hours.  
In 2 small tins: About 1 hour

VIOLET WITTERT.

★ ★ ★

73

## MARIE BISCUIT REFRIGERATOR CAKE

|                                 |                             |
|---------------------------------|-----------------------------|
| $\frac{1}{2}$ lb. Butter        | 1 tablespoon Coffee Essence |
| $1\frac{1}{2}$ cups Icing Sugar | 3 Eggs, Sherry              |
| 1 dessertsp. Vanilla Essence    | 2 pkts. Marie Biscuits      |

**Method.**—Cream butter and icing sugar well. Beat eggs and then add slowly to butter mixture. Then add the 2 essences.

Butter greaseproof paper; line a tin with same. Dip whole biscuits in sherry and line tin. Then spread layer of butter mixture, then a layer of dampened biscuits alternately. Set in refrigerator. Turn out and ice, using  $\frac{1}{2}$  lb. icing sugar, a little boiling water, 1 tablespoon melted butter and vanilla flavouring to taste. Mix well together.

BECKY MYERS.

★ ★ ★

74

## LIGHT SPONGE CAKE

|                         |                                 |
|-------------------------|---------------------------------|
| 6 tablespoons Flour     | 2 tablespoons melted Butter     |
| 3 tablespoons Cornflour | $\frac{1}{4}$ cup Sugar, 4 Eggs |

**Method.**—Beat sugar and eggs with egg beater until thick and foamy. Add flour and cornflour and melted butter.

Temperature: 350°. Time: 20 mins.

HEDA MACHLUP.

Notes

75

## WALNUT MOCHA CAKE

**Method.**—Use any good Butter Cake recipe (e.g., Recipe No. 90). Replace ordinary milk with same quantity of "Ideal" milk less 3 tablespoons. Add 3 tablespoons Coffee Essence. Add 2 ozs. coarsely chopped walnuts before adding baking powder. Bake in 2 sandwich tins.

## FILLING AND ICING:—

|                             |                                 |
|-----------------------------|---------------------------------|
| $\frac{1}{4}$ lb. Butter    | 4 ozs. coarsely chopped Walnuts |
| 1½ to 2 lb. Icing Sugar     | Unbroken halved Walnuts         |
| Little Milk, Coffee Essence |                                 |

**Method.**—Cream butter adding icing sugar a little at a time, until too dry to cream further. Add a little milk to soften, continuing alternately with icing sugar and small quantities of milk until smooth spreading consistency is obtained. Add coffee essence to desired taste and colour.

Spread some icing on top of one cake. Sprinkle half of the walnuts on the filling, and cover with second half of cake. Spread icing round sides of cake. Press remaining nuts all round with hands. Spread the remaining icing smoothly on top of the cake. Put a small quantity of icing in a cup, thin down till almost transparent with a little boiling water, pour over iced top, smoothing quickly with a knife, to impart a glaze. Decorate with halved walnuts.

(Ed. Note.—This icing can be used for any cakes, with desired flavouring and colouring.)

MARJORIE HANSEN.

★ ★ ★

76

## CHERRY CAKE

|                                       |                              |
|---------------------------------------|------------------------------|
| $\frac{1}{2}$ lb. Butter              | $\frac{3}{4}$ cup Sugar      |
| 2 heaped cups Flour                   | 2 teasp. Royal Baking Powder |
| 2 Whipped Eggs                        | $\frac{1}{2}$ lb. Cherries   |
| $\frac{1}{2}$ cup Milk, Pinch of Salt | 2 teaspoons Vanilla          |

**Method.**—Cream butter and sugar well. Add whipped eggs. Sift in flour, salt and baking powder. Add milk gradually and then essence. Cover the cherries lightly with flour and fold into mixture.

Temperature: 400°.

Time: 1 hour.

BECKY MYERS.

★ ★ ★

77

## ICING SUGAR CAKE

|                               |                                      |
|-------------------------------|--------------------------------------|
| $\frac{3}{4}$ cup Icing Sugar | 4 oz. Butter, $\frac{1}{2}$ cup Milk |
| 6 ozs. Flour                  | 3 teasp. Royal Baking Powder         |
| 2 tablesp. Sugar, 3 Eggs      |                                      |

**Method.**—Dissolve sugars in milk; add melted butter. Add well-beaten eggs, flour and lastly baking powder. Bake in two sandwich tins.

Temperature: 350°.

Time: 20 mins.

ROSALINE COHEN.

Ed. Note.—Bake in patty pan tins 8-10 mins.

78

## QUICK SANDWICH CAKE (\*PARAVA)

|                         |                             |
|-------------------------|-----------------------------|
| 2 Eggs                  | 1½ tablespoons Oil          |
| 1 tea cup Sugar         | 4 tablespoons Water         |
| 1 cup Flour, Pinch Salt | 1 teas. Royal Baking Powder |

**Method.**—Beat eggs, then add sugar and beat well. Add flour, mix lightly. Sprinkle the baking powder on top of mixture; then add milk and oil which is heated to boiling point. Mix in lightly. Bake in two sandwich tins.

Temperature : 400°.

Time : 10-12 mins.

OLGA GUINNSBERG.

\*For definition of Parava see "Useful Cooking Terms."

★ ★ ★

79

## DATE LOAF

|                              |                              |
|------------------------------|------------------------------|
| ½ lb. Dates, a little Ginger | ¼ lb. Butter, 2 Eggs (small) |
| Few Nuts, Few Cherries       | ½ cup Sugar, 2 cups Flour    |
| 1 teaspoon Bicarb. Soda      | 1 cup boiling Water or       |
| 1 teas. Baking Powder        | Orange Juice, Orange Rind    |

**Method.**—Beat up sugar and eggs very well, cut up dates, nuts and cherries. Place in basin with boiling water, put in the butter and mix well. Then add the beaten eggs and sugar mixture, and lastly sifted dry ingredients. Bake in loaf tin buttered and lined with grease proof paper.

Temperature : 350°.

Time : 1 hour.

DORA SMITH.

★ ★ ★

80

## CHOCOLATE CHIP LAYER CAKE

|                        |                          |
|------------------------|--------------------------|
| 8 ozs. Plain Chocolate | ½ cup Shortening         |
| 2½ cups Flour          | 1 cup Sugar              |
| 2½ teas. Baking Powder | 3 Egg Whites, ¾ cup Milk |
| ½ teaspoon Salt        | 1½ teaspoons Vanilla     |

**Method.**—Sift flour, baking powder and salt together. Cream shortening with sugar until fluffy. Add unbeaten egg whites, one at a time, beating thoroughly after each is added. Add dry ingredients and milk alternately in small amounts, beating well after each addition. Add vanilla. Cut chocolate into fine strips. Pour about one-third of the batter into the pan and sprinkle one-third of chopped chocolate over it. Repeat, ending with chocolate.

Temperature : 375°. Time : 40 mins.

(Editorial Note.—This cake may be made with a little less chocolate if desired.

ANNETTE PRICE.

## Notes

## 81

## SPONGE CAKE (\*PARAVA)

6 Eggs,  $\frac{3}{4}$  cup Sugar       $\frac{1}{2}$  egg-shell Water  
 1 cup Flour      1 tablesp. Oil, Juice of  $\frac{1}{2}$  Lemon

**Method.**—First whip egg whites, adding sugar gradually, and leave aside. Beat well together, the yolks, water, oil and lemon juice. Fold in whites, and lastly add the flour gradually.

Note: While baking, do not open oven for the whole hour.  
 Temperature: 250-300°.      Time: 1 hour.

DORA SMITH.

\*For definition of Parava see "Useful Cooking Terms."

★      ★      ★

## 82

## CRADLE CAKE

## MERINGUE MIXTURE:

1 oz. grated Plain Chocolate      4 Egg Whites, 1 cup Sugar  
 1 cup chopped Pecans or Walnuts

**Method.**—Beat whites very stiffly. Add sugar gradually. Add nuts and chocolate. Grease a loose-bottomed tin well, and line bottom with grease proof paper. Line the whole tin, sides as well as bottom, with meringue mixture.

## CAKE MIXTURE:

6 ozs. Butter, 1 cup Sugar       $\frac{3}{4}$  cup Milk

4 Egg Yolks, 2 cups Flour      3 level tablesp. Baking Powder

**Method.**—Cream butter and sugar. Add beaten yolks, then milk, sifted flour and baking powder, alternately. Pour this mixture into the meringue cradle and bake in moderate oven. Leave in tin until quite cold before turning out.

Temperature: 350°.      Time: 65 mins.

ANONYMOUS.

★      ★      ★

## 83

## DREAM CAKE

|  |                                 |
|--|---------------------------------|
| $\frac{3}{4}$ cup Castor Sugar, 3 Eggs | 1 cup Flour, pinch Salt         |
| 1 heaped tablesp. Butter               | $\frac{1}{2}$ cup boiling Water |
| 1 heaped tablesp. Royal Baking Powder  | 1 tablesp. Vanilla              |

**Method.**—Beat sugar and eggs to thick cream. Fold in flour. Melt butter in boiling water and add with vanilla. Lastly add baking powder. (Always fold mixture, never beat.) Decorate with whipped cream.

Temperature: 400°.      Time: 10-15 minutes.

FREDA SOLOMON

★      ★      ★

## 84

## SILVER CAKE

|                                |                           |
|--------------------------------|---------------------------|
| 2 cups Sugar, 6 ozs. Butter    | 1 teaspoon Lemon Essence  |
| 2 cups Flour                   | 1 cup Maizena, 1 cup Milk |
| 2 tablesp. Royal Baking Powder | 7 Egg Whites              |

**Method.**—Cream sugar and butter very well and add lemon essence. Add sifted flour and baking powder. Then mix the maizena and milk together until maizena is dissolved; add this to the mixture. Lastly add well beaten egg whites. Moderate oven.

Temperature: 350-400°.      Time: About 45 mins.

ZERNA RUBIN.

Notes

85

## GINGER SANDWICH CAKE

6 oz. Flour, Pinch of Salt      4 ozs. Golden Syrup, 2 Eggs  
 1 teaspoon Ginger      1 teasp. Bicarbonate of Soda  
 2 ozs. Sugar, 3 ozs. Butter      1 teasp. Milk, A few Almonds

Note: Before starting the cake warm up the golden syrup so that it pours easily.

**Method.**—Sift flour, salt and ginger into basin. Put sugar, butter and syrup into saucepan and place over gentle heat until it dissolves. Remove from fire. Add beaten eggs to mixture of butter, sugar and syrup. Beat well. Pour this mixture into sifted flour, salt and ginger and mix thoroughly. Lastly add teaspoon of bicarbonate of soda dissolved in teaspoon of cold milk in saucer. Stir well. Turn mixture into two greased sandwich tins. Sprinkle top of one with blanched, halved almonds. Bake.

Temperature: 400°.      Time: 15 mins.

## FILLING:

**Method.**—Cream well together, 2 dessertspoons honey, 2 ozs. butter, 5 ozs. icing sugar.

ESTHER SORESON.

★ ★ ★

86

## SWISS ROLL

4 Eggs      4 tablespoons Water  
 4 ozs. Sugar      1 heaped teaspoon Royal  
 4 ozs. Flour      Baking Powder

**Method.**—Beat the eggs and sugar well together until creamy. Add sifted flour and mix lightly. Then add water, and lastly baking powder. Line bottom of swiss-roll tin with greaseproof paper, pour in the mixture and bake. When baked, turn out on to a damp sugared cloth, cut off crusts with sharp knife, spread with soft jam, and roll up carefully, leaving in the damp cloth for a short while.

Temperature: 400°.      Time: 10 mins.

ESTHER ROSENBERG.

★ ★ ★

87

## REFRIGERATOR PINEAPPLE CAKE

1 Pineapple,  $\frac{1}{2}$  pt. Sweet Cream      1 pkt. Boudoir Biscuits

**Method.**—Place biscuits on plate in straight row. Cover with grated pineapple, then whipped cream. Place second layer of biscuits in opposite direction, and repeat with pineapple and cream. Set in fridge.

ANONYMOUS.

Notes

88

## ORANGE LAYER CAKE

|                              |                              |
|------------------------------|------------------------------|
| 2½ cups Flour                | 5 ozs. Butter, ¼ teasp. Salt |
| 1 cup Sugar                  | 2 Whole Eggs                 |
| ¾ cup Orange Juice           | 1 Egg Yolk                   |
| 2 teasp. Royal Baking Powder | Grated rind of 1 Orange      |

**Method.**—Cream butter, sugar and one yolk, then add the two whole eggs, one at a time, and beat. Add sifted dry ingredients, grated rind, and orange juice. Bake in one large tin and split through centre for filling, or in two sandwich tins.

Temperature: 400°. Time: 20 minutes in sandwich tin  
40 minutes in large tin.

## FILLING FOR ORANGE LAYER CAKE:

|                        |                             |
|------------------------|-----------------------------|
| 1 pkt. Vanilla Dessert | 1 heaped tablespoon Custard |
| 2 teaspoons Sugar      | OR Powder, 2 tablesp. Sugar |
| 1 cup Orange Juice     | 1 cup Orange Juice          |

**Method.**—Mix vanilla dessert (or custard powder), sugar and a little orange juice, mixing to remove all lumps. Add remaining orange juice and bring to boil stirring all the time. Allow to cool slightly and spread between layers.

## ICING FOR ORANGE LAYER CAKE:

|                           |                     |
|---------------------------|---------------------|
| 1 tablespoon Butter       | Little Orange Juice |
| 4 tablespoons Icing Sugar |                     |

**Method.**—Cream butter, mix in icing sugar, and add just enough orange juice to make it soft enough to spread. Cover cake with icing, and streak it with a fork to give rough effect.

EDITH WAX.



89

## NOVEL FRUIT CAKE

|  |                             |
|--|-----------------------------|
| 3 cups mixed Fruit (Dates, Currants, Sultanas, Canded Peel, etc.), Nuts (optional) | 1 cup Sugar                 |
|  | ¼ lb. Butter                |
|  | 1 teaspoon Bicarbonate Soda |
|  | Pinch Salt                  |

1½ cups Water

**Method.**—Boil above ingredients together for 20 minutes. Allow to cool.

Mix 2 cups flour, 1 teaspoon baking powder, 1 beaten egg, into above cooled mixture, and bake in a moderate oven.

Temperature: 350°. Time: 1 hour or more.

RAYE CHANANI.

90

## BUTTER CAKE

Notes

|                                     |                              |
|-------------------------------------|------------------------------|
| 2 cups Flour                        | $\frac{3}{4}$ cup Milk       |
| $\frac{3}{4}$ cup Sugar, Pinch Salt | Little Vanilla               |
| $\frac{1}{4}$ lb. Butter, 3 Eggs    | 3 teasp. Royal Baking Powder |

**Method.**—(1) For Mixmaster: Put all ingredients (minus baking powder) together into large bowl, and beat well from 7 to 10 mins. Lastly, fold in baking powder lightly by hand. (2) Without Mixmaster: Cream butter and sugar. Add eggs one at a time, and beat well after each. Add vanilla (or any desired flavouring). Add flour mixed with salt, alternately with milk. Mix well, and lastly fold in baking powder.

Temp.: About 400°. Time: 25-30 mins. in sandwich tins;  
45-50 mins. in large tin.

PEGGY BENJAMIN.

★ ★ ★

91

## FRUIT CAKE

|                                    |   |
|------------------------------------|---|
| 6 oz. Butter, 5 oz. Sugar          | 3 oz. Currants, 3 oz. Sultanas              |
| 4 Eggs, 8 oz. Flour                | 3 oz. Raisins, 2 oz. Mixed Peel             |
| $\frac{1}{2}$ teasp. Baking Powder | $\frac{1}{2}$ doz. or more Cherries, cut up |

**Method.**—Cream butter and sugar. Add eggs, 1 at a time; beat well. Add sifted dry ingredients. Stir in cleaned and well dried fruit. Bake in loaf tin.

Temperature: About 300°. Time: About 1½ hours.

VIOLET WITTERT.

★ ★ ★

92

## ALMOND COFFEE CREAM LOG

|                          |  |
|--------------------------|--|
| 4 Eggs, separated        | 3 ozs. Sugar                           |
| 3 ozs. ground unblanched | $\frac{1}{4}$ teaspoon Vanilla Essence |
| Almonds                  | Pinch of Salt                          |

**Method.**—Beat egg yolks and sugar until very light, add salt, vanilla essence, ground almonds and fold in stiffly beaten egg whites. Pour mixture on to well greased swiss-roll pan (about 13 x 10") which has been lined with greaseproof paper also well greased. When baked turn on to board covered with buttered greaseproof paper, roll up instantly in paper and set aside to cool. Unroll, spread thickly with whipped cream filling (see below), roll up as for swiss-roll, cover with remaining cream filling, make streaks with fork to resemble log. Sprinkle with a little cocoa and keep in refrigerator until needed.

Temperature: 400°. Time: About 10 mins.

## WHIPPED CREAM FILLING:

|                                  |  |
|----------------------------------|--|
| $\frac{1}{2}$ pint Whipped Cream | A few drops of Coffee Essence                                |
| 3 tablespoons Icing Sugar        | or 2 teaspoons Nescafe dissolved in 1 teaspoon boiling water |
| A few drops Vanilla Essence      |  |

**Method.**—Mix all ingredients together till smooth.

BENEDICTA BONACCORSI.

Notes

## 93

## MADEIRA CAKE

Sift together three times:       $\frac{1}{2}$  lb. Butter, 5 Eggs  
 8 tablespoons Flour      Essence, 1 tablesp. Brandy  
 2 tablespoons Cornflour       $\frac{3}{4}$ —1 cup Sugar  
 1 tablesp. Royal Baking Powder  
**Method.**—Cream butter and sugar. Add eggs one by one. Add essence. Then add dry ingredients gradually. Mix well. Fold in baking powder. Lastly add brandy. Bake in moderate oven.  
 Temperature: 350-375°.      Time: About 40 mins.  
 DORA SIERADZKI.

★ ★ ★

## 94

## TEA CAKE

$\frac{1}{4}$  lb. Butter, 3 cups Flour       $\frac{1}{4}$  lb. Currants  
 $\frac{3}{4}$  cup Sugar      1 cup Milk (warmed)  
 2 tablesp. Royal Baking Powder      2 Eggs, Pinch of Salt  
**Method.**—Rub butter with dry ingredients and add currants. Pour warm milk over beaten eggs and add. Place mixture in two small loaf tins and bake. Can be eaten hot spread with butter, or toasted when stale.  
 Temperature: 375°.      Time: 25 mins.  
 OLGA GUINSBERG.

★ ★ ★

## 95

## BUTTER CAKE

3 Eggs, 1 cup Sugar      Pinch of Salt  
 $\frac{1}{4}$  lb. Butter      1 tablespoon Cream  
 $1\frac{1}{2}$  cups Flour      1 teaspoon Vanilla  
 $\frac{1}{4}$  cup Milk,  $\frac{1}{4}$  cup Water       $1\frac{1}{2}$  tablesp. Royal Bak. Powder  
**Method.**—Cream butter and sugar well. Add eggs, one at a time; add cream and essence. Add sifted dry ingredients alternately, with combined water and milk. Place in 2 sandwich tins, and bake in moderate oven.  
 Temperature: 350°.      Time: 20 mins.  
 FREDA SOLOMON.

★ ★ ★

## 96

## NUT AND DATE CAKE

4 tablesp. Melted Butter      1 cup Walnuts, 1 cup Dates  
 3 Eggs, 1 cup Sugar      1 tablesp. Royal Baking Powder  
 7 tablesp. Flour      Few Sultanas or Cherries  
**Method.**—Beat eggs and sugar. Add butter. Add chopped nuts and fruits alternately with flour, and lastly baking powder. Mixture must be soft.  
 Temperature: 350-375°.      Time: About 20 mins.  
 LILY SIEFF.

★ ★ ★

## 97

## GINGER CAKE

2 Eggs, 1 cup Sugar       $2\frac{1}{4}$  cups Flour  
 1 tablesp. Cinnamon      3 oz. Butter, 2 tablesp. Ginger  
 1 tablesp. Mixed Spice       $\frac{3}{4}$  cup Milk, Pinch of Salt  
 $\frac{1}{2}$  cup Syrup      1 tablesp. Bicarbonate Soda  
**Method.**—Cream butter and sugar well. Add warmed milk and syrup. Sift all dry ingredients, adding alternately with very well-beaten eggs. Pour into well-greased tin.  
 Temperature: Moderate.      Time: 1 hour.  
 ESTHER LIPWORTH.

98

## FLAN CAKE

Notes

2 Eggs,  $\frac{3}{4}$  cup Sugar  
 $\frac{1}{2}$  cup Milk,  
 $\frac{1}{4}$  lb. Butter

1 cup Flour  
1 heaped teasp. Royal Baking Powder

**Method.**—Cream eggs and sugar. Add sifted dry ingredients. Melt butter in milk and bring to boil. Add to mixture. Grease a flan tin and bake.

Temperature: 375°. Time: 15 mins.

HETTY SACHS.

★ ★ ★

99

## "MY MOTHER'S" LEKACH (Parava)\*

1 cup Sugar, 3 Eggs  
1 cup warmed Syrup  
1 cup cold Water  
2 egg cups Oil  
 $\frac{1}{2}$  cup Candied Peel and Sultanas

1 teasp. Mixed Spice  
1 dessertsp. Ginger  
 $\frac{1}{2}$  cup Marmalade  
3 $\frac{1}{2}$  cups Flour, Pinch of Salt  
1 teasp. Bicarbonate Soda  
mixed in  $\frac{1}{2}$  cup boiling Water

**Method.**—Stir briskly all ingredients, beating well between each addition. Add dissolved bicarb. Stir well. Pour into deep 12" x 12" tin greased with oil and sprinkled with flour.

Temperature: 350°. Time: 1 hour.

\*For meaning of "Parava" see "Useful Cooking Terms"

ESTHER SORESON.

★ ★ ★

100

## MINUTE CAKE

1 $\frac{1}{2}$  cups Flour  
 $\frac{1}{4}$  teasp. Salt,  $\frac{1}{2}$  cup Milk  
2 Eggs, Vanilla

$\frac{3}{4}$  cup Sugar  
 $\frac{1}{4}$  lb. Butter  
2 teasp. Royal Baking Powder

**Method.**—Sift dry ingredients into large bowl. Make well in centre. Add milk, vanilla and eggs. Lastly add butter (must be very soft but not lumpy). Mix well. Bake in loaf tin. This cake keeps well.

Temperature: 400°. Time: 25-30 mins.

LEBA JAFFE.

★ ★ ★

101

## MARBLE MINUTE CAKE

Proceed as above. Remove about  $\frac{1}{3}$  batter, and blend well with 1 tablespoon cocoa, which has been mixed with a little extra milk and sugar. Put white batter into greased tin; drop spoonfuls of dark batter on to this. Streak in lightly.

HELEN ARON.

★ ★ ★

102

## APPLE MINUTE CAKE

Proceed as Recipe 100. Pour batter into tin. Cut 1 large apple into about 16 segments, and push into batter all round outer edge of cake. Sprinkle top thickly with Cinnamon and Sugar.

HELEN ARON.

Notes

103

## GINGER CAKE

$\frac{1}{4}$  lb. Butter, 4 Eggs  
 $3\frac{1}{2}$  full cups Flour  
1 full cup Syrup  
1 full cup Sugar

1 tablespoon Ginger  
 $\frac{1}{2}$  teaspoon Salt  
 $1\frac{1}{2}$  teaspoons Bicarbonate Soda  
1 cup boiling Water

**Method.**—Cream butter and sugar. Add syrup and mix well. Beat in eggs one at a time. Beat well. Gradually add sifted dry ingredients and mix well. Lastly add bicarb. soda dissolved in the boiling water. Bake in 1 large loaf tin,  $2-\frac{1}{2}$  loaf tins, or 1 large square tin.

Temperature: 350-400°.

Time: 1 hour.

VIOLET WITTERT.

★ ★ ★

104

## BLITZ TART

1 cup Flour,  $\frac{1}{4}$  teasp. Salt  
3 tablespoons Milk  
 $\frac{1}{4}$  lb. Butter  
 $\frac{1}{2}$  teaspoon Cinnamon  
1 teasp. Royal Baking Powder

1 tablespoon Sugar  
1 teaspoon Vanilla  
 $\frac{1}{2}$  cup chopped Almonds or  
Walnuts  
3 Eggs,  $1\frac{1}{4}$  cups Sugar

**Method.**—Cream butter and  $\frac{1}{2}$  cup sugar. Add well-beaten egg yolks, vanilla, milk, and sifted dry ingredients. Put in 9" greased pans. Beat egg whites stiff, not dry, add remaining sugar gradually until whites hold a peak. Spread over cake mixture in both pans; sprinkle surface with almonds, sugar and cinnamon. When baked, put together with whipped cream and cherries.

Temperature: 350°.

Time: 30 minutes.

LEAH ABEL (Durban)

★ ★ ★

105

## ELEVEN O'CLOCK CAKE

$1\frac{1}{2}$  cups sifted Flour  
 $\frac{1}{2}$  cup Sugar, 1 Egg  
 $\frac{2}{3}$  cup Milk

2 teasp. Baking Powder  
 $\frac{1}{2}$  teasp. Salt  
 $1\frac{1}{2}$  ozs. melted Butter

**Method.**—Sift together dry ingredients. Add beaten egg, milk and butter. Stir liquids into dry ingredients, stirring only enough to dampen all the flour. Pour into greased pan and sprinkle with the following topping:

$\frac{1}{4}$  lb. Sugar  
1 teasp. Cinnamon  
2 drops Vanilla

$\frac{1}{4}$  cup sifted Flour  
 $1\frac{1}{2}$  oz. soft Butter  
3 tablesp. chopped Nuts

Mix sugar, cinnamon and flour, add butter and work with dough blender to form into crumbs. Add vanilla and chopped nuts (optional). Sprinkle over cake before baking. Makes 1 (9 x 9) inch cake.

Temperature: 425°.

Time: 25 mins.

BELLE BERLOWITZ.

## Chocolate Cake Section

Notes

106

## VIOLET WITTERT'S CHOCOLATE CAKE

|                              |                    |
|------------------------------|--------------------|
| 1½ cups Flour, ¼ teasp. Salt | 1½ ozs. Butter     |
| 2 teasp. Royal Baking Powder | 3 Eggs             |
| 1 heaped tablesp. Cocoa      | 1 cup Castor Sugar |
| ½ cup Milk                   | ½ teasp. Vanilla   |

**Method.**—Beat eggs, add sugar gradually, and beat again with rotary beater (or in Mixmaster) for another 3 mins. Sift dry ingredients 4 times, and stir in to egg mixture, blending thoroughly. Bring milk and butter to the boil, and add to mixture. Mix all quickly and lightly together, and bake in 1 large tin, or 2 sandwich tins. When cold, fill, ice, and decorate as desired.

**NOTE.**—An attractive variation is to bake this recipe in a square (8" x 8" x 2") tin. When cold, cover with chocolate icing, sprinkle thickly with coarsely chopped nuts, and cut into small squares ready for serving.

Temperature: 450°.

Time: Large tin—40-50 mins.

Sandwich tins—15-20 mins.

★ ★ ★

107

## VERA ZIEGLER'S CHOCOLATE CAKE

|                               |                                 |
|-------------------------------|---------------------------------|
| 3 Eggs, ¾ cup Sugar           | 2 tablesp. Water                |
| 1 cup Flour, 1 tablesp. Cocoa | 3 tablesp. Milk                 |
| 2 teasp. Royal Baking Powder  | 2 ozs. Butter, 1 teasp. Vanilla |

**Method.**—Beat eggs and sugar until creamy but not stiff. Add vanilla, sifted flour and cocoa. Bring to boil butter and liquids, add while hot to cake mixture. Lastly add baking powder. Bake in two separate tins and jam together when cool.

Temperature: 375-400°.

Time: 15 mins.

**VARIATION:** For "Coffee Cake" add 1 tablespoon Nescafe to dry ingredients, and use Mocha Filling and Icing.

★ ★ ★

108

## REGINA SCHNEIDER'S RUM CAKE

|                              |                        |
|------------------------------|------------------------|
| 2 cups Flour                 | 1 cup Sugar, 2 Eggs    |
| 2 teasp. Royal Baking Powder | 3 tablespoons Cocoa    |
| Pinch Salt                   | 1 cup Milk             |
| ¼ lb. Butter                 | 1 teaspoon Rum Essence |

**Method.**—Melt and cool the butter, and beat with the sugar. Add well-beaten yolks, then the sifted cocoa. Sift together the flour, baking powder and salt, and add it alternately with the milk and essence. Lastly fold in the stiffly beaten whites. Bake in two sandwich tins.

Temperature: 375°.

Time: ½ hour.

## FILLING AND ICING:

|                        |   |
|------------------------|---|
| 4 tablespoons Butter   | Pinch of Salt                               |
| 2 cups Icing Sugar     | Milk to mix (approx. 6 tablespoons or less) |
| ½ cup Cocoa            |   |
| 1 teaspoon Rum Essence |   |

**Method.**—Cream together the butter, icing sugar, cocoa, salt and essence until smooth. Add milk to get consistency smooth enough to spread easily. Spread between the two layers, and round sides and top of cake. Decorate as required with nuts or cherries.

## Notes

## 109

## ZERNA RUBIN'S CHOCOLATE SWISS ROLL

4 Eggs,  $\frac{1}{2}$  cup Sugar      2 tablespoons Cocoa  
 2 tablespoons Maizena      1 teas. Royal Baking Powder

**Method.**—Cream the yolks and sugar well together, add maizena, cocoa and baking powder, and lastly add the beaten egg whites. Bake in a flat buttered tin of about 14" x 9" for ten minutes. Turn cake out on a wet cloth (dipped in hot water), then roll it. When cool unroll it and spread with whipped cream and jam. Roll it again and place in refrigerator for about an hour. Sprinkle on icing sugar before serving.

Temperature: 350°.      Time: 10 mins.

★      ★      ★

## 110

## EDITH WAX'S CZECHOSLOVAKIAN CAKE

$\frac{1}{2}$  cup Butter       $\frac{1}{2}$  teaspoon Cinnamon  
 $\frac{1}{2}$  cup Cocoa, 1 cup Sugar      3 teas. Royal Baking Powder  
 1 $\frac{1}{4}$  cups Flour      3 Eggs  
 $\frac{1}{2}$  cup Water

**Method.**—Cream sugar and butter, add 1 egg at a time. Sift dry ingredients, add to creamed mixture, add water. Bake in two sandwich tins.

Temperature: 400°.      Time: 20 mins.

## FILLING AND ICING:

$\frac{1}{2}$  pint Whipped Cream      1 tablespoon Cocoa  
 4 tablespoons Icing Sugar      Few drops Coffee Essence  
 3 tablesp. ground Almonds

**Method.**—Mix all ingredients well together until quite smooth.

★      ★      ★

## 111

## EVE SCHNEIDER'S JIFFY CAKE

3 Eggs,  $\frac{1}{8}$  teas. Salt       $\frac{1}{2}$  cup hot Milk, 1 tablesp. Oil  
 $\frac{3}{4}$  cup Castor Sugar       $\frac{3}{4}$  cup Flour,  $\frac{1}{2}$  cup Cocoa  
 1 teas. Vanilla      3 teas. Royal Baking Powder

**Method.**—Beat eggs, sugar and vanilla till very thick and creamy. Add sifted dry ingredients, hot milk, and oil to egg mixture, and beat until thoroughly mixed. Bake in sandwich tins, and when cold, sandwich together with your favourite filling, and ice with mocha icing.

Temperature: 450°.      Time: 8-10 mins.

MOCHA ICING.—Cream 2 tablespoons softened butter with as much icing sugar as it takes. Add  $\frac{1}{2}$  teaspoon pineapple essence, 2 teaspoons coffee essence, 2 teaspoons lemon juice. Beat all together to a creamy spreading consistency.

Ed. Note.—If a lighter coloured cake is required, decrease cocoa and increase flour proportionately.

★      ★      ★

## 112

## BELLA HERRISON'S CHOCOLATE CAKE

1 oz. Butter      2 teas. Royal Baking Powder  
 $\frac{3}{4}$  cup Milk      1 cup Flour  
 $\frac{3}{4}$  cup Sugar, 2 Eggs      2 dessertspoons Cocoa

**Method.**—Beat eggs and sugar well together, mix in flour and baking powder. Boil milk, butter and cocoa, and add to the mixture, stirring well.

Temperature: 350-400°.      Time: 20 mins.

113

## CHARTREUSE CHOCOLATE LAYER CAKE

Notes

**Method.**—Bake your favourite chocolate recipe in 2 sandwich tins. Stick together with **Green Peppermint Filling**:—Cream about 1 oz. butter with enough icing sugar, and a very small amount of milk, to desired consistency and quantity. Colour very pale green, flavour with peppermint essence to taste, add chopped glacé cherries. Cover top and sides of cake with **Boiled Chocolate-Peppermint Icing**:

2 oz. Butter, 2 tablesp. Milk 1 to 2 teasp. Peppermint Ess.  
1 heaped tablesp. Cocoa 6 heaped tablesp. Icing Sugar

**Method.**—Melt butter. Stir in milk, cocoa, essence, and 2 tablespoons icing sugar; blend well till no lumps are left. Boil for a second or two (not longer) stirring rapidly. Remove from heat, beat in remaining icing sugar till quite smooth, and pour immediately over cake, allowing it to run over sides. Smooth round sides quickly with knife dipped in boiling water. Decorate as desired.

MARJORIE HANSEN.

★ ★ ★

114

## MARY BEIGEL'S BUTTERLESS CAKE

|                     |                              |
|---------------------|------------------------------|
| 3 Eggs, 1 cup Sugar | 1 teasp. Royal Baking Powder |
| 1 cup Flour         | ½ cup boiling Water          |
| 2 tablespoons Cocoa | Little Vanilla               |

**Method.**—Beat sugar and eggs well. Add sifted dry ingredients. Add vanilla, and lastly the boiling water. Bake in two sandwich tins, and when cold, fill and ice with a chocolate filling and icing.

Temperature: About 400°. Time: 20 mins.

★ ★ ★

115

## RAE LIPSCHITZ'S SWISS ROLL

|                  |                      |
|------------------|----------------------|
| 1 tablesp. Cocoa | ½ small cup Sugar    |
| 3 Eggs           | 1 tablesp. Cornflour |

**Method.**—Beat yolks with sugar until creamy. Add well-beaten whites. Add sifted cornflour and cocoa. Bake on greased, paper lined swiss-roll tin. Turn on to damp serviette, roll, and when cold, unroll, spread with whipped cream, and roll up again.

Temperature: 400°. Time: 10 mins.

Notes

## 116

## FLUFFY CHOCOLATE CAKE

|                          |                            |
|--------------------------|----------------------------|
| 6 Egg Whites             | 6 ozs. Sugar, 4 ozs. Flour |
| 4 ozs. Chocolate (plain) | 3 ozs. Butter              |

**Method.**—Beat the whites stiffly adding the sugar gradually. Melt chocolate and butter, stir till smooth and cool. Add to whites; stir. Add the flour and mix lightly. Grease and dust with flour a springform pan; pour in mixture and bake in slow oven until a toothpick inserted comes out clean. When quite cold, cut through the centre and fill with either jam or whipped cream.

Temperature : 325-350°. Time : Approximately  $\frac{3}{4}$  hour.

ANONYMOUS.

★ ★ ★

## 117

## JENNY LAZAROW'S CHOCOLATE CAKE

|                                |                              |
|--------------------------------|------------------------------|
| 4 tablespoons Sugar            | Pinch of Salt, Vanilla       |
| 4 Eggs, $\frac{3}{4}$ cup Milk | 2 tablespoons Cocoa          |
| 4 heaped tablespoons Flour     | 2 heaped teasp. Royal Baking |
| $\frac{1}{2}$ lb. Butter       | Powder                       |

**Method.**—Cream butter and sugar well. Beat in egg yolks one by one. Add pinch salt and vanilla. Sift in cocoa. Add sifted flour alternately with milk. Beat egg whites stiffly and fold in gently. Add a small quantity of extra flour to baking powder; sift in and blend gently. Pour into 2 greased 9" sandwich tins; hollow centre slightly. Stab centre of cake with knife-blade to produce even baking. Bake in quick oven. When cool, put together with icing.

Temperature : About 400°. Time : About 20 mins.

★ ★ ★

## 118

## ANNE FONN'S CHOCOLATE CAKE

|                         |                                      |
|-------------------------|--------------------------------------|
| 2 tablesp. Cocoa        | 1 tablesp. Water                     |
| 8 tablesp. Flour        | 2 teasp. Royal Baking Powder         |
| 6 tablesp. Castor Sugar | 4 tablespoons Butter                 |
| 1 tablesp. Milk         | 4 Eggs, $\frac{1}{2}$ teasp. Vanilla |

**Method.**—Dissolve cocoa in little boiling water, and cool. Cream butter and sugar, add yolks one by one, beating after each. Add cocoa and vanilla. Add alternately, sifted flour with baking powder, and milk mixed with water. Lastly fold in well-beaten whites. Bake in 2 sandwich tins.

Temperature : About 350-375°. Time : 25-30 mins.

★ ★ ★

## 119

## BETTY LIPSCHITZ'S CHOCOLATE CAKE

|                          |                                      |
|--------------------------|--------------------------------------|
| 4 Eggs, 5 tablesp. Sugar | Pinch Salt, $\frac{1}{4}$ lb. Butter |
| 4 heaped tablesp. Flour  | 1 heaped teasp. Baking Powder        |
| 1 tablesp. Cocoa         | 4 tablesp. boiling Water             |

**Method.**—Melt butter, and cool. Beat eggs and sugar well. Add cocoa dissolved in the water. Fold in flour and salt gradually. Pour in cooled butter. Add baking powder. Mixture is very soft. Bake preferably in a swiss-roll tin. When cool, cut in half, sandwich together with jam. Ice.

Temperature : 350°. Time : 25-30 mins.

120

## TILLY HYMAN'S CHOCOLATE CAKE

|                              |                             |
|------------------------------|-----------------------------|
| 6 ozs. Butter, 4 Eggs        | 1 cup Castor Sugar          |
| 2 cups Flour, Pinch Salt     | 3 teas. Royal Baking Powder |
| 1 cup Milk, 4 tablesp. Cocoa | 1/2 teaspoon Vanilla        |

**Method.**—Cream butter and sugar. Add beaten yolks and vanilla. Sift all dry ingredients; add alternately with milk. Add stiffly beaten whites. Bake in sandwich tins. When cold, make filling with butter, icing sugar and vanilla.

Temperature: 375°. Time: 30 mins.

★ ★ ★

121

## ANNIE WUNSH'S CHOCOLATE CAKE

|                           |                             |
|---------------------------|-----------------------------|
| 3 Eggs, 1 cup Sugar       | 3 tablesp. boiling Water    |
| 2 full tablesp. Butter    | 1 cup Flour                 |
| 1/2 teas. Vanilla         | Pinch of Salt               |
| 1 tablesp. Cocoa (heaped) | 1 teas. Royal Baking Powder |

**Method.**—Beat eggs well. Add sugar and beat. Add sifted flour, cocoa, and salt, then vanilla. Melt butter in boiling water, then add to mixture. Lastly fold in baking powder. Bake in 2 sandwich tins.

Temperature: 400°. Time: 10-15 mins.

★ ★ ★

122

## BLANCHE ABRAHAM'S CHOCOLATE CAKE

|                            |                                    |
|----------------------------|------------------------------------|
| 2 Eggs, 1 cup Sugar        | 1 3/4 cups Flour, 2 tablesp. Cocoa |
| 1/3 cup Butter, 1 cup Milk | 1 teas. Royal Baking Powder        |
| 1 teas. Bicarbonate Soda   | 1 teas. Vanilla, 1/4 teas. Salt    |

**Method.**—Cream butter and sugar. Add well beaten eggs. Add sifted dry ingredients alternately with milk. Finally add bicarb. (dissolved in a little warm water) and vanilla.

Temperature: 350°. Time: 30 mins.

★ ★ ★

123

## BECKY MYER'S CHOCOLATE CAKE

|                          |                             |
|--------------------------|-----------------------------|
| 4 oz. Butter             | 1/2 cup cold Milk           |
| 1 small cup Castor Sugar | 2 tablespoons Cocoa         |
| 3 Eggs                   | 4 tablespoons Sugar         |
| 2 cups sifted Flour      | 5 tablespoons Milk          |
| Pinch of Salt            | 3 teas. Royal Baking Powder |
| Pinch of Cinnamon        | Flavouring Essence          |

**Method.**—Put cocoa, 4 tablespoons sugar, and 5 tablespoons milk into top of double boiler. Melt over hot water, allow to cool. Meanwhile cream butter with castor sugar. Add to this 3 egg yolks, one at a time, then the melted chocolate mixture. Fold in sifted flour alternately with cold milk, add essence, salt and cinnamon. Add the not too stiffly beaten egg whites and finally fold in baking powder. Bake in two sandwich tins.

Temperature: 400°. Time: 20 mins.

**Icing.**—1/2 lb. Icing sugar mixed with a little boiling water. Add 1 tablespoon or more melted butter, 2 tablespoons cocoa and vanilla essence. Mix well together.

Notes

## Notes

**124****FREDA SOLOMON'S CHOCOLATE CAKE**

|                                |                                     |
|--------------------------------|-------------------------------------|
| 5-6 ozs. Butter, 5 Eggs        | 2 <i>teasp. Royal Baking Powder</i> |
| 1 3/4 cups Flour, 1/2 cup Milk | 5 <i>heaped teasp. Cocoa</i>        |
| 1 1/4 cups Sugar               | 1 1/2 <i>teasp. Vanilla</i>         |

**Method.**—Cream butter (unmelted) and sugar. Add eggs one at a time. Add flour sifted with baking powder, and cocoa mixed with milk. Lastly add vanilla. Bake in 2 deep sandwich tins. Temperature: 350-375°. Time: 25 mins.

★ ★ ★

**125****FRIEDEL ABT'S CHOCOLATE CAKE**

|                                |                                       |
|--------------------------------|---------------------------------------|
| 1/4 lb. Butter                 | 2 <i>tablesp. Cocoa</i>               |
| 3 Eggs, 1 cup Sugar            | 1 cup Milk                            |
| 1 1/2-2 cups Flour well sifted | 1 1/2 <i>teasp. Royal Bak. Powder</i> |

**Method.**—Cream butter and sugar well. Add the well-beaten eggs. Mix cocoa in a little milk and then add to the mixture. Then slowly add, alternately, the milk and the flour. (The baking powder must be added to flour.) Bake in moderate oven. When cool, ice. Temperature: 350°. Time: 50 mins.

## ICING:

**Method.**—Melt 1/2 slab chocolate, add 2 tablespoons melted butter and 2 tablespoons icing sugar. Steam all this in a double cooker until it runs thickly from a spoon. Pour on cake immediately.

★ ★ ★

**Pastry Section**

**IMPORTANT NOTE.**—Prevent filling from soaking into pie crusts, by dusting over bottom crust with a mixture of flour and sugar before adding filling.

★ ★ ★

**126****PASTRY**

|                                       |                          |
|---------------------------------------|--------------------------|
| 2 cups Flour (measured after sifting) | Cold Water               |
| 1/2 teasp. Royal Bak. Powder          | 3/4 <i>teaspoon Salt</i> |
|                                       | 1/2 cup Shortening       |

**Method.**—Sift dry ingredients. Cut in shortening with two knives, fork or pastry blender, until particles of shortening are the size of peas. Add cold water slowly, just enough to make a stiff dough. Chill before using.

OLGA GUINNSBERG.

★ ★ ★

**127****FLAKY PASTRY**

(Quick and Novel)

|                      |               |
|----------------------|---------------|
| 1/2 lb. Cream Cheese | 1/2 lb. Flour |
| 1/2 lb. Butter       |               |

**Method.**—Knead well together, and place in refrigerator at least overnight. This pastry keeps in the refrigerator for a week or more, and can be used when required for tart-shells, jam-turnovers, apple strudel, asparagus or sardine rolls, etc.

VIOLET WITTERT.

Notes

## 128

BASIC PASTRY FOR CHEESE CAKE, APPLE TART  
OR BISCUITS

$\frac{1}{2}$  lb. Butter, 1 cup Sugar  
2 Eggs, 2 Egg Yolks  
1 tablesp. Oil, Pinch Salt  
2 tablesp. thick Cream

1 tablesp. Vanilla  
3 tablesp. Royal Baking Powder  
Flour to mix soft dough—about  
4 cups

**Method.**—Cream butter and sugar, then add oil. Add 4 yolks and mix, then add cream. Add 2 stiffly beaten whites. Add flavouring and salt. Lastly add flour and baking powder together, to form soft dough. Roll out to medium thickness—not too thin, and place in greased Pyrex dish. Add filling and bake.

Temperature: 450°. Time: 25 to 30 mins.

(Editorial Note: Will keep in frig. if wrapped in greased grease-proof paper.)

## CHEESE CAKE FILLING:

**Ingredients:**— $\frac{1}{2}$  lb. Cream Cheese; 2 ozs. melted butter. 1 egg, salt and sugar to taste; 1 tablesp. custard powder;  $\frac{1}{2}$  cup sour cream. **Method.**—Mix well together until smooth and use as filling.

## APPLE TART FILLING:

**Ingredients.**—2 large sour apples; jam; 1 dessertsp. melted butter. **Method.**—Grate apples and mix jam, butter and grated apples together and use as filling. Sprinkle with cinnamon and sugar. Cover with layer of dough. Brush with milk or water; prick with a fork.

Temperature: 400°. Time: 25 to 30 mins.

LEAH JONOWITZ.

★ ★ ★

## 129

## MÜRBER TEIG

2 ozs. Sugar  
6 ozs. Flour

4 ozs. Butter  
1 Egg Yolk

**Method.**—Combine ingredients on a board by first rubbing butter into flour, then adding sugar and lastly the egg yolk. Mix to form a dough. Do not over knead. Allow to rest at least 10 minutes. Roll out on floured board and bake in hot oven on ungreased pan or spring form.

Temperature: 400-450°. Time: Till delicately browned.

**Note.**—This pastry can be used for large tarts or small tart shells. (See "Tart" section for attractive variety of fillings for this pastry.)

ANONYMOUS.

\* \* \*

## 130

## FLAKY PASTRY

$\frac{1}{2}$  lb. Butter,  $\frac{1}{2}$  lb. Flour  
1 Egg Yolk  
3 tablespoons Iced Water

$\frac{1}{2}$  tablesp. Lemon Juice  
 $\frac{1}{2}$  tablesp. Salt  
 $\frac{1}{4}$  tablespoon Sugar

**Method.**—Rub  $\frac{3}{4}$  of the butter into the flour. Add rest of dry ingredients and add water, lemon juice and egg all beaten together. Knead and roll out. Cut in and roll in rest of butter as described in Recipe No. 131. Roll out and fold again 6 times. Leave in frige till required. Roll pastry out thinly. Fill with asparagus, sardines, cheese or fish, form into rolls, and bake. Also good for jam tarts.

Temperature: Hot. Time: About 10 mins.

RAZELLE HIRSHOVITZ(Durban).

## Notes

## 131

## DANISH PASTRY

|  |                          |
|--|--------------------------|
| $\frac{1}{3}$ cup Sugar, 2 cakes Yeast | 1 teaspoon Salt          |
| 1 pint lukewarm Milk                   | 1 lb. (or 2 cups) Butter |
| 8 cups sifted Flour                    | 3 Eggs                   |

**Method.**—Dissolve sugar and yeast in warm milk. Sift flour and salt. Rub in 6 tablespoons butter and add well-beaten eggs and yeast mixture. Knead for five minutes and roll into a rectangle twice as long as wide. Cut remaining butter into pea-sized pieces and spread about one-third butter over two-thirds dough. Fold unbuttered third of dough over half of butter-covered portion, then fold remaining third on top to make three thicknesses of dough with butter between. Press edges together and roll out fairly thin. Repeat twice to incorporate remaining butter. Cover, set aside in greaseproof paper in refrigerator. Use as required.

Will keep for 4 to 5 days. When required, roll out to shapes and fill with raisins or nuts or whatever filling desired and bake.

Temperature: Hot.

Time: 10-20 mins.

VERA ZIEGLER.

★ ★ ★

## 132

## FLAKY PASTRY (Novel Method)

|   |                            |
|---|----------------------------|
| 1 lb. Butter, 1 lb. Flour                               | Ice-water                  |
| $\frac{1}{2}$ teasp. Salt, Juice of $\frac{1}{2}$ Lemon | $\frac{1}{4}$ glass Brandy |

**Method.**—Sift flour and salt. Rub quarter of the butter into the flour. Cut remaining three-quarters into small strips and harden in refrigerator. Mix lemon and brandy and fill up to make one glass of ice-water. Distribute the strips of butter into the flour and mix gently with iced liquid to make a firm dough, using knifeblade. Roll out gently. Place in refrigerator for about half an hour before baking.

Temperature: Hot.

Time: 20 mins.

Note.—Work in cool place, and keep all materials cool.

GERTRUDE HARVEY COHEN.

★ ★ ★

## Tart Section

## 133

## SPECIAL APPLE TART

|  |                                  |
|--|----------------------------------|
| 2 cups Flour, Pinch Salt               | Blanched Almonds or chopped Nuts |
| 5 ozs. Butter, $\frac{1}{2}$ cup Sugar |                                  |
| 1 teasp. Royal Baking Powder           | 1 tablespoon Sultanas            |
| 2 or 3 Apples, Some Jam                | A little extra Butter            |

Lemon Juice, Cinnamon

**Method.**—Rub together flour, salt, butter, sugar and baking powder. Put half of this crumby mixture into a greased Pyrex dish. Spread or dab jam all over it. Grate over it 2 or 3 apples, according to size. (If liked, add a little grated pineapple which has been stewed with a little sugar; this is optional.) Sprinkle over 1 tablespoon sultanas and a little cinnamon. Squeeze lemon juice all over the top. Put on small pats of butter. Cover with the remainder of the crumby mixture. Top with blanched almonds or chopped nuts (optional).

Temperature: 320°.

Time:  $\frac{1}{2}$  hour.

ANNIE WUNSH.

## 134

## APPLE-STRUDEL

Notes

## DOUGH:

|                     |               |
|---------------------|---------------|
| 4 ozs. Cream Cheese | 6 ozs. Flour  |
| 6 ozs. cold Butter  | Pinch of Salt |

**Method.**—Knead all ingredients well and leave in refrigerator for 24 hours.

## FILLING:

|                                 |                                 |
|---------------------------------|---------------------------------|
| 3 big Apples, peeled and sliced | Breadcrumbs (use as directed)   |
| 2 ozs. Sultanas                 | ½ teaspoon Cinnamon             |
| 2 tablespoons Sugar             | 1 beaten Egg (or a little Milk) |

**Method.**—Mix the sliced apples with the other ingredients and let them stand for one hour. Then roll out the dough very thin on a well-floured board, brush over with some melted butter and sprinkle over with some breadcrumbs. Spread apple-mixture evenly over that and roll up. Brush over top with a beaten egg or some milk and bake. Serve warm with whipped cream.

Temperature: 400°. Time: 45 mins.

ALICE WOLFF.

★ ★ ★

## 135

## PEACH PIE

|                         |                      |
|-------------------------|----------------------|
| 8 to 10 large Peaches   | 1 recipe Mürber Teig |
| 1 Egg Yolk, 1 cup Sugar | 3 tablespoons Cream  |

**Method.**—Line a springform pan with Mürber Teig. Pare, stone and slice peaches, and mix with sugar. Arrange fruit in pie-shell. Beat egg yolk until light and mix with cream. Sprinkle this over the fruit. Cover with strips of Mürbeteig, lattice fashion, and bake in hot oven. (Mürber Teig Recipe No. 129.)

Temperature: 400-450°. Time: Till delicately browned.

★ ★ ★

## 136

## PLUM PIE

**Method.**—Proceed as above, using about 20 plums.

★ ★ ★

## 137

## GRAPE PIE

**Method.**—Proceed as above, using about 2 lbs. skinned grapes.

ANONYMOUS.

★ ★ ★

## 138

## CHEESE CAKE

|                               |                           |
|-------------------------------|---------------------------|
| 1½ cups Finger Biscuit Crumbs | 2 tablesp. Butter, melted |
| 5/8 cup Sugar                 | 2 tablespoons Flour       |
| ¼ teaspoon Salt               | 1 lb. Cream Cheese        |
| 4 Eggs, separated             | 1 cup Sour Cream          |

**Method.**—Blend crumbs with 2 tablespoons sugar and the butter. Line bottom of spring form pan with mixture. Mix remaining sugar with flour, salt, and cream cheese. Add beaten egg yolks, and beat. Add cream and beat again. Fold in beaten egg whites. Pour mixture on top of crumbs and bake. Turn off heat, open oven door, do not remove from oven until fairly cool. Makes 1 x 9" cake.

Temperature: 325-350°. Time: Approximately 1 hour.

ANONYMOUS.

Notes

## 139

## AMERICAN BUTTER SCOTCH PIE

## 1 Baked Tart Shell

## FILLING:

|                               |                           |
|-------------------------------|---------------------------|
| $\frac{3}{4}$ cup Brown Sugar | $\frac{3}{4}$ cup Water   |
| 2 tablespoons Flour           | 2 tablespoons Corn Starch |
| $\frac{1}{4}$ teaspoon Salt   | 2 Egg Yolks               |
| 1 tablespoon Butter           | 1 teaspoon Vanilla        |

**Method.**—Mix brown sugar and  $\frac{1}{2}$  cup water, and bring to boiling point. Sift flour, corn starch and salt, and mix with remaining  $\frac{1}{4}$  cup water. Pour the syrup over this slowly, stirring constantly. Cook in double boiler until thick. Add beaten egg yolks, butter and vanilla, and cook 2 minutes longer. Cool and pour into a baked shell.

## MERINGUE:

|              |                     |
|--------------|---------------------|
| 2 Egg Whites | 4 tablespoons Sugar |
|--------------|---------------------|

**Method.**—Beat whites until stiff and dry. Add sugar gradually and beat until consistency of Marshmallow. Pile evenly on top of pie and brown in cool oven.

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★ ★ ★

## 140

## CHEESE CAKE

|                            |                             |
|----------------------------|-----------------------------|
| 1 cup Flour, 2 ozs. Butter | 1 Egg, Pinch of Salt        |
| 1 dessertspoon Sugar       | 1 teas. Royal Baking Powder |

**Method.**—Mix dry ingredients and rub with butter. Beat egg and stir in. Knead lightly and roll thin. Enough for one large tart.

## CHEESE CAKE FILLING:

|  |                               |
|--|-------------------------------|
| 1 lb. Cream Cheese                         | 2 teas. Flour or a few finely |
| $\frac{1}{2}$ cup Sour Cream               | crushed Marie Biscuits        |
| $\frac{1}{2}$ cup Sugar (or less to taste) | 2 Eggs                        |

**Method.**—Mix and beat very well.

Temperature: 425-450°. Time: 10-15 mins.

VIOLET WITTERT.

★ ★ ★

## 141

## FAIRY TART

|  |  |
|--|--|
| 1 baked or crumbed Pie shell                             | $\frac{1}{2}$ teaspoon Salt                |
| 1 tablesp. Gelatine soaked<br>in $\frac{1}{4}$ cup Water | 1 teaspoon grated Lemon<br>rind (optional) |
| 1 cup Sugar  | 4 Eggs                                     |
| $\frac{1}{2}$ cup Lemon Juice                            | 1 cup Sweet Cream whipped                  |

**Method.**—Combine  $\frac{1}{2}$  cup sugar, lemon juice, salt and beaten egg yolks and cook in double boiler, stirring well all the time, until the consistency of custard. Stir in dissolved gelatine (and lemon rind if desired). Cool. Whip whites stiffly, beating in the other  $\frac{1}{2}$  cup sugar gradually. When the custard begins to set, beat until fluffy, fold in the egg whites, and then the whipped cream. Fill into shell, and decorate as desired.

RUTH WUNSH.

For further Cake Recipes, see "BONSELLA!"—(see contents)

## ICINGS AND FILLINGS

|                        | Recipe No. |                      | Recipe No. |
|------------------------|------------|----------------------|------------|
| Butterscotch           | 30         | Honey Filling        | 85         |
| Chocolate              | 123        | Mocha                | 111        |
| Chocolate Cream Almond | 110        | Mocha Walnut         | 75         |
| Chocolate Peppermint   | 113        | Orange               | 88         |
| Chocolate Rum          | 108        | Orange (Pesach)      | 244        |
| Chocolate Slab         | 125        | Peppermint Filling   | 113        |
| Chocolate Sauce        | 202        | Whipped Cream Coffee | 92         |

★ ★ ★

**CINNAMON EGG ICING:** Beat 2 yolks,  $\frac{1}{2}$  cup Castor Sugar, 1 teasp. Cinnamon till creamy. Pour over hot cake. Good for Silver Cakes (see Recipe 84), in order to use some yolks.

★ ★ ★

**BUTTER ICING AND FILLING:** (1) See Recipe 75. Omit Coffee and Nuts. Add desired flavouring and colouring. (2) See Recipe 123. Omit Cocoa. Increase Sugar if necessary. Add desired flavouring and colouring

★ ★ ★

**SOFT WHITE ICING:** Blend  $\frac{3}{4}$  cup Icing Sugar, 2—3 tablesp. Milk, 1 teasp. Butter, few drops Almond or Lemon Essence, till smooth.

★ ★ ★

**CREAM CHEESE FROSTING:** Cream 3 ozs. Cream Cheese,  $1\frac{1}{2}$  cups Icing Sugar, 1 teasp. Vanilla till fluffy.

★ ★ ★

**GRANADILLA CURD:** Scoop out 12 Granadillas, heat fruit, strain into double boiler. Add  $\frac{1}{4}$  lb. Butter and 1 cup Sugar. Stir until Butter is melted. Add 2 well-beaten Eggs. Cook till thick. Delicious filling or topping for sandwich cakes, tartlets, etc.

★ ★ ★

**LEMON CURD:** Melt 2 oz. Butter, juice of 1 large or 2 small Lemons, and  $\frac{1}{2}$  cup Sugar in top of double boiler. Slowly add 2 well-beaten Eggs. Stir till thick. Cool and bottle. Keeps in frig. for months.

★ ★ ★

**CONFECTIONERS CUSTARD:** Put 1 cup Flour,  $\frac{1}{2}$  cup Butter,  $\frac{1}{2}$  cup Sugar on stove. Stir constantly till like thick paste. Remove from heat. Add 1 cup Milk and 2 well-beaten Eggs. Return to stove. Stir till thick (add little more flour if necessary). Use as filling for ready baked Tart shells.

★ ★ ★

**CONFECTIONERS CUSTARD (\*PARAVA):** Beat 6 yolks with 9 tablesp. Sugar. Put in double boiler with 1 pint Orange Juice. Add 9 level tablesp. Flour. Stir constantly till very thick. Add 2 teasp. Rum, or  $\frac{1}{2}$  teasp. Rum Essence. Use for Eclairs, etc.

★ ★ ★

**ALMOND FILLING:** Mix 1 beaten Egg, 1 tablesp. melted Butter, 2 tablesp. Ground Almonds, 1 level tablesp. Sugar to a smooth paste. Bake in Tart Shell.

★ ★ ★

**PINEAPPLE FILLING:** Boil 1 grated Pineapple,  $\frac{1}{2}$  cup Water and Sugar to taste. Add 1 dessertsp. Custard Powder mixed with a little cold Water, stir till thick and remove from stove. Lovely filling for cake or Tart Shell.

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# THE HUMBLE HERRING — Glamorised

142

## MOCK CHOPPED HERRING

Notes

*Snoek, Vinegar  
1 large eating Apple  
1/2 pkt. Marie Biscuits*

*1 small finely-grated Onion  
Cinnamon, Sugar to taste  
2 hard boiled Eggs*

**Method.**—Choose a piece of snoek that is not too soft. Remove skin and bones and any piece that looks a little sandy. Peel apple. Mince snoek, apple, marie biscuits and 1 egg. If too moist, add extra biscuits. If too dry, add a little apple, and use less biscuits. Add balance of ingredients and work in lightly with fork. Lay out fairly thinly on a plate. Mash separately the yolk and white of second egg. Decorate.

**Note.**—If put into a closed jar it will keep for some time in the fridge.

GERTRUDE HARVEY COHEN.

★ ★ ★

143

## HERRING BABKE

*3 HERRINGS, 1 med. Onion  
2 or 3 EGGS, Pepper  
Cinnamon (optional)*

*1 oz. Butter (melted)  
3 slices white Bread  
3/4 cup of sour Cream*

**Method.**—Soak herrings overnight, skin and fillet; mince with onions and bread (soaked and squeezed dry). Add pepper to taste, pinch cinnamon and well-beaten eggs. Mix in cream and butter. Bake in greased Pyrex dish at 350° for about 1 hour. Serve with jacket potatoes.

VIOLET WITTERT.

★ ★ ★

144

## SWEET AND SOUR HERRING

*6 HERRINGS, Few Bay Leaves  
Few Allspice  
3 Onions, 5 Lemons  
2 tablespoons Water*

*1/4 lb. Sultanas  
2 dessertsp. Syrup  
1/2 cup Sugar  
Pinch White Pepper*

**Method.**—Slice onions and put in saucepan with allspice, pepper, bayleaves, juice of lemons, syrup, sugar, sultanas and water. Boil for 25 minutes. Cool. Clean herrings (which have been soaked overnight), cut into fillets, and place in a dish. Pour the sauce over the herrings.

RAZELLE HIRSHOVITZ (Durban).

★ ★ ★

145

## CHOPPED HERRING

*4 HERRINGS  
1 med. Onion, 2 large Apples  
4 hard-boiled Eggs*

*2 slices of Bread  
Vinegar and Sugar to taste  
Pepper*

**Method.**—Soak herrings overnight, clean, skin and bone. Mince herring, onion, apples, bread and 2 eggs together. Mix well with vinegar, pepper and sugar. Place on flat dish and decorate with chopped whites and yolks of remaining 2 eggs.

MIRIAM BRENER.

Notes

## 146

## PICKLED HERRING

**Method.**—Clean herrings thoroughly, not removing skins. Soak overnight, together with SOFT white roes. Discard dry roes. Cut into slices or split in halves lengthwise and fillet. Roll fillets round pieces of onion and secure with toothpicks. Slice onions into thin rounds (for 6 herrings, three medium onions). Arrange alternate layers of herring and onion in a jar, adding a few bay-leaves and allspice between each layer. Mash soft roe well with 2 teaspoons sugar and  $\frac{1}{4}$  teaspoon made mustard. Gradually add vinegar, diluted to taste. Strain liquid into jar of herring pressing the residue of the roes through the strainer. Cover with liquid, screw up tightly, and store in refrigerator following day.

VIOLET WITTERT.

★ ★ ★

## 147

## HERRING IN CREAM SAUCE WITH OMELETTE

|                 |                        |
|-----------------|------------------------|
| 2 Salt Herrings | 1 cup thick Sour Cream |
| 1 small Onion   | 1 tablespoon Butter    |

**Method.**—Soak herrings overnight, and again for an hour before using. Grill lightly on brown paper for a few minutes, on top of the stove, and wash. In the meanwhile, slice onion rings very finely, and boil until tender. Pour off water. Add butter to onions, and fry until light brown. Add the cream. Cut the herrings in half and fry in the cream sauce until hot. Keep hot while preparing omelettes.

Serve the hot herrings and cream and onion sauce on the hot omelette, together with potatoes boiled in jackets.

GERTRUDE HARVEY COHEN.

★ ★ ★

## 148

## HERRING IN MAYONNAISE

|                       |  |
|-----------------------|--|
| 3 Eggs                | $\frac{1}{2}$ cup Water, $\frac{1}{2}$ cup Sugar |
| 8 Herrings            | Few Bayleaves and Whole-spice                    |
| 2 Onions              |  |
| 1½ cups White Vinegar | 1 teaspoon dry Mustard                           |

**Method.**—Soak herrings overnight, clean and fillet. Boil vinegar and water together. Beat eggs well, add sugar and rub well together. Pour boiling vinegar over egg mixture, gradually, stirring all the time. Add mustard. Return to double boiler and cook until mixture thickens. Remove from stove and allow to cool.

Arrange in a dish, alternate layers of herring fillets, sliced onions, bayleaves and wholespice, and the mayonnaise mixture. Pour balance of mayonnaise sauce over the top.

RAZELLE HIRSHOVITZ (Durban).

★ ★ ★

## 149

## BAKED HERRING

**Method.**—Soak herrings well. Clean and slice. Slice onion and boil in water till soft. Place onion and sliced apples in a Pyrex dish with just sufficient fresh water to cover. Add heaped tablespoon syrup; a little sugar and cinnamon; raisins, sultanas; vinegar to taste. Bake for about  $\frac{1}{2}$  hour. Add herrings, bake again about ten minutes or until herring gets a little brown.

MINNIE MOWSOWITZ.

**150****HERRINGS PICKLED IN CREAM**

Notes

6 HERRINGS

1 TEASPOON MUSTARD

1 TABLESPOON SUGAR

3 EGG YOLKS

ONIONS, AS MANY AS LIKED

FEW ALLSPICE

2 PT. SOUR CREAM

FEW BAYLEAVES

1/2 CUP WHITE VINEGAR

**Method.**—Soak herrings overnight and clean. Slice or fillet and roll with onion slices in centre; secure with toothpick. Rub yolks, sugar and mustard. Add vinegar, bayleaves and allspice, steam in double saucepan, stirring all the time until very slightly thickened. Strain, cool, add cream (also some white roes pressed through strainer if liked). Pour over herrings.

ANNIE JASPAK.

★ ★ ★

**151****PICKLED HERRING DE LUXE**

**Method.**—Use pickled herrings. Add diced pickled cucumbers and radishes. Add chopped parsley, chopped spring onion (both optional) and finely sliced celery (if obtainable). Mix sweet cream, mayonnaise and a little dry mustard to taste, with the pickled herring gravy, and pour over. Decorate with sliced hard-boiled eggs.

GERTRUDE HARVEY COHEN.

★ ★ ★

**152****PICKLED HERRINGS (Danish Method)**

**Method.**—Soak 6 herrings overnight, and clean and fillet. Mix 1 cup sugar and 1 cup oil together very well (use less oil if desired). Add 1 cup brown vinegar, 1 cup canned tomato puree, 1 cup chopped apple, 1 cup chopped or sliced onions, 1 teaspoon made mustard,  $\frac{1}{4}$  teaspoon pepper. Pour over fillets and bottle.

**VARIATION:** Decrease oil; add  $\frac{1}{2}$  cup sweet wine (or to taste).

DEBORAH JUDES.

★ ★ ★

**153****MUSTARD HERRINGS**

6 TO 8 HERRINGS

3 EGG YOLKS,  $\frac{1}{2}$  CUP SUGAR

1 1/2 CUPS BROWN VINEGAR

2 LEVEL TEASPOONS MUSTARD

2 LARGE ONIONS,  $\frac{1}{2}$  CUP WATER

PEPPERCORNS, BAYLEAVES

**Method.**—Soak herrings overnight. Beat yolks and sugar till creamy. Boil vinegar and water, and when boiling add 1 tablespoon at a time to egg mixture, then add mustard, and return to boil. Cool. Place alternate layers of herring and onions in jar, and pour over vinegar mixture.

OLGA GUINNSBERG.

★ ★ ★

**154****PICKLED HERRING WITH CREAM**

6 SALT HERRINGS

1 CUP SOUR CREAM

2 LEMONS (JUICE)

1 SLICED LEMON

PEPPERCORNS

2 SLICED ONIONS

2 TEASPOONS SUGAR

**Method.**—Soak herrings overnight. Clean, skin and bone herrings. Place in glass jar in alternate layers with onions, lemon slices and pepper corns. Mix lemon juice, sugar and sour cream well together and add to the jar. Allow to stand for 48 hours.

RAZELLE HIRSHOVITZ (Durban).

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# FISH FANCIES

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Notes

155

## CHEESE AND MUSHROOM SOLES

|                                   |                        |
|-----------------------------------|------------------------|
| 1 cup grated Sweet Milk<br>Cheese | 2 large Soles Filleted |
| 1 tin Button Mushrooms            | 2 tablespoons Flour    |
|                                   | 1 cup Milk, Seasoning  |

**Method.**—Wash and salt fillets. Roll each separately; secure with tooth pick. Place carefully in boiling water just to cover, seasoned with 2 teasp. salt, 2 slices onion and dash of pepper. Cover; simmer for 10 to 20 mins. Remove from water; arrange with drained mushrooms in pyrex dish.

**SAUCE:** Boil 1 cup of milk. Cream flour with a little milk, add slowly to boiling milk. Stir well, season to taste. Slowly add cheese; stir until melted and creamy. Pour over fish; sprinkle a little extra cheese over top. Bake until brown. Serve with mashed potatoes. 4 servings.

SHIRLEY LIPINSKI.

★ ★ ★

156

## SALMON MAYONNAISE

|                             |                         |
|-----------------------------|-------------------------|
| 1 tin pink Salmon           | 6 Olives; French Capers |
| 2 pickled Cucumbers         | 2 or 3 hard-boiled Eggs |
| 2 Gherkins (optional)       | Mayonnaise              |
| 1 small finely grated Onion | Salt and Pepper         |

**Method.**—Dice all ingredients. Add salmon gravy to mayonnaise. Season. Break up salmon. Combine all ingredients. Chill. Serve attractively in sea-food glasses, topped with extra olive slices or on crisp lettuce beds.

GERTRUDE HARVEY COHEN.

★ ★ ★

157

## SALMON IN AVOCADO BOATS

**Method.**—Mix salmon with mayonnaise or use above mixture, serve in avocado pear halves on crisp lettuce leaf.

VIOLET WITTERT.

★ ★ ★

158

## MOCK CRAYFISH

|                        |                  |
|------------------------|------------------|
| 3 lbs. firm White Fish | 1 Onion, chopped |
| Salt and Pepper        |                  |

### MAYONNAISE MIXTURE:

|                          |                         |
|--------------------------|-------------------------|
| About 1 cup Tomato Sauce | Few drops Tobasco Sauce |
| About 1 cup Mayonnaise   | Salt to taste           |
| 1 teasp. Worcester Sauce | 1 teaspoon Vinegar      |

**Method.**—Make fish gravy by simmering head of fish in water to cover, about 40 minutes. Fillet fish and boil in fish gravy (with head removed), for 30-40 minutes. When cooked, place in refrigerator for several hours, until hard. Flake fish, add chopped onion, salt and pepper to taste. Pour mayonnaise mixture over, chill, and serve with sliced Avocado Pears.

CISSY BEARE (Durban).

Notes

## 159

## FISH IN WINE SAUCE

|   |                          |
|---|--------------------------|
| 1 Whole Fish weighing 3-4<br>lbs. (preferably "74") | 1 cup White Wine         |
| 3 diced Carrots, 2 diced Onions                     | 4 tablespoons Cream      |
| Pinch of Thyme                                      | 2 tablespoons Butter     |
| 1 diced stick of Celery                             | 1 tablespoon Lemon Juice |
|   | Salt and Pepper to taste |

**Method.**—Make fish gravy by simmering the head of the fish in water to cover, for about 40 minutes. Butter a large dish very well, and place in it the diced vegetables and thyme. Cook in very little fish gravy until nearly done. Place the whole fish in the dish with 2 cups of fish gravy and 1 cup white wine. Bake fish 1-1½ hours (depending on size), basting frequently.

Place fish carefully on a dish, strain gravy, add cream, butter and lemon juice, place in top of double boiler, cook, and pour over hot fish. Decorate with lemon slices and parsley, and serve hot.

CISSY BEARE (Durban).

★ ★ ★

## 160

## FRIED FILLETED HADDOCK

**Method.**—Soak 1 lb. Haddock in hot water. Dice a small onion and fry in 1 tablespoon butter. Remove to side of pan, add sliced haddock dipped in flour mixed with a little pepper. Add 1 tablespoon butter, fry on both sides. Add small cup boiling water, cover with lid and simmer few minutes. Make thin paste with about 1 dessertspoon flour and a little cold milk, blend to remove lumps, adding balance of 1 cup milk slowly. Add finely chopped parsley, pour over haddock, and allow to boil up till slightly thick. If desired use less milk and add a little cream.

SARAH F. HERMER.

★ ★ ★

## 161

## BAKED HADDOCK AND EGGS

**Method.**—Place haddock in a saucepan, cover with cold water and bring slowly to the boil. Drain off the water. (This removes the excess salt). Skin and flake the haddock and place it in a greased Pyrex pie-dish. With the back of a spoon, press in shallow dents and break a whole egg into each dent. Make a white sauce, and pour it over the haddock and eggs to cover them completely. Sprinkle generously with grated cheese, dot with butter, and bake for about half an hour or until very lightly browned, in a moderate oven. The quantity of haddock and number of eggs used must be judged according to the number of servings required.

VIOLET WITTERT.

★ ★ ★

## 162

## BAKED FILLETED HADDOCK

**Method.**—Wash 1 lb. haddock and boil in cold water. Throw off boiling water. Grease Pyrex casserole, put layer of sliced onion, alternately with haddock and sliced tomato, dabs of butter and ½ pint milk. Bake approximately 20 minutes. Serve with mashed potatoes.

DEBORA MALKIN.

**163****FRIED FILLETED HADDOCK**

Notes

**Method.**—Wash 1 lb. Haddock and boil in cold water. Throw off boiling water. Dip in flour and beaten egg, and fry in butter.

DEBORAH MALKIN.

**164****SOLES IN ASPIC**

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| <i>Fillets of Sole, Salt, Pepper</i> | <i>1 Carrot, 1 Onion</i>            |
| <i>Cooked sliced Potatoes</i>        | <i>Sprig of Mint, Mayonnaise</i>    |
| <i>Sliced hard-boiled Eggs</i>       | <i>1 dessertspoon Gelatine to 1</i> |
| <i>Cooked or tinned Green Peas</i>   | <i>pint Water</i>                   |

**Method.**—Cut an onion finely and boil in 1 pint of water with a little salt (more water and extra onion if for very large mould). Cut fillets in halves and sprinkle with salt and pepper. Roll up and secure with toothpicks. Simmer till tender. Remove from stock.

Boil potatoes in jackets with a sprig of mint. Boil carrot till soft. Boil eggs hard. Peel and slice potatoes, also slice eggs, and carrot.

Dissolve 1 dessertspoon gelatine (more if a larger amount of water has been used) in a little cold water, and stir into the hot stock. Set aside to cool, and add a good helping of mayonnaise to taste.

Arrange slices of egg and carrot around bottom and lower sides of mould. Arrange cooked peas attractively between slices. Pour over a little of the liquid and chill till set.

Now arrange alternate layers of fillets, sliced potatoes and small dabs of mayonnaise until the ingredients have been used up. Pour the liquid over until the mould is filled, and freeze.

Unmould on a large platter, and decorate attractively with asparagus tips (if desired) finely shredded lettuce, tomato slices, hard boiled egg slices, fancy shapes of beetroot, serrated carrot strips, etc.

VIOLET WITTERT.

**165****LEMON FISH**

If available, place head of fish and bones in saucepan. Put in required number of slices of fish, adding some thinly sliced onion rings. Add water, salt and pepper. Boil gently. When nearly ready, add juice of 1 lemon and a little sugar. Now mash 2 egg yolks with pinch of salt. Add juice of second lemon, and stir in a little fish gravy. Continue adding gravy until well-thinned. If necessary add more lemon juice, sugar and salt for good sweet-sour taste. Pour onto boiling fish carefully, boil up for a minute or two.

GERTRUDE HARVEY COHEN.

**166****FISH SALAD**

**Method.**—Flake 3 cups cooked or canned fish. Sprinkle with juice of  $1\frac{1}{2}$  lemons. Stand 1 hour. Add 2 cups finely chopped celery, 3 tablesp. chopped olives, 2 tablesp. chopped green pepper, 2 tablesp. chopped capers. Toss together in mayonnaise. Season to taste with salt and cayenne. Heap into a bowl lined with lettuce. Garnish with tomato and cucumber slices dipped in mayonnaise and slices of hard boiled egg.

BECKY MYERS.

Notes

## 167

## BAKED GEFILTE FISH

**Method.**—Use a well-seasoned Gefilte Fish mixture. Put it into a buttered Pyrex casserole. Cover top with sliced tomatoes and small pats of butter dotted all over. Place Pyrex dish (uncovered) in another dish of water, place in oven (about 350 deg.-400 deg.) and bake for about  $\frac{3}{4}$  of an hour. Don't allow the water to get into the fish. Just before serving, pour over the top several tablespoons of sour cream (according to the quantity of fish and amount of gravy required). Baste carefully with other liquid in the dish until cream is absorbed into it, and just allow to re-heat before serving. Serve with mashed potatoes or boiled rice.

**Note.**—When pouring on the cream, be very careful not to allow the cold cream to touch the hot Pyrex dish. Pile it on the centre of the fish and let it run down slowly as it warms.

VIOLET WITTERT.

★ ★ ★

## 168

## FISH KEDGEREE

*Left-over Fried Fish**Vegetable Fat or Margarine**2 hard-boiled Eggs**Tomato Sauce**1 cup cooked Rice**Salt and Pepper**2 ozs. Butter**Sour Cream (optional)*

**Method.**—Flake fish and skin. Cut up any fried onion there may be. Sieve hard-boiled egg yolk, and put aside as trimming. Cut up balance of eggs into small pieces. Put butter and other fat into a fry-pan. Vegetable fat will prevent butter from burning. More may be added if necessary. Put all ingredients into pan, adding sufficient tomato sauce, salt and pepper to taste. Stir gently. The addition of 3 or 4 tablespoons of sour cream will enhance the flavour. When thoroughly hot, place in greased pyrex dish. Garnish with sieved egg yolk. Place in a moderate oven for about 10 minutes before serving.

**Note.**—Very nourishing, tasty, quick and an excellent way of taking away the dullness of cold fried fish.

GERTRUDE HARVEY COHEN.

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# SOUP SYMPHONIES!

Notes

## USEFUL HINT FOR BEETROOTS

**Method.**—When boiling beetroot for soup or salad, they will not bleed if prepared as follows:—Peel the beets and add 1 tablespoon sugar and 1 teaspoon salt to the water in which they boil. Both beets and liquid remain a rich red; the liquid can be used for soup, and the beets for salad.

DEBORAH JUDES.

**169**

## BEETROOT SOUP

**Method.**—Peel 4 beetroots and shred on coarse grater. Add 2 pints cold water and boil until beetroot is soft. Add sugar, lemon juice and salt to taste. Beat 2 egg yolks and add to soup slowly, beating all the time. Return to stove and allow to boil for 1 minute. Serve cold with cream.

BLANCHE ABRAHAMS.

**170**

## BEAN AND BARLEY SOUP (Pressure Cooker)

|  |  |
|--|--|
| <i>1 lb. Flank, 1 cup Beans<br/>Tomato Sauce</i> | <i>½ cup Barley, Seasoning<br/>Water</i> |
|--|--|

**Method.**—Wash, but do not soak, beans and barley. Place all ingredients in pressure cooker, with sufficient water to fill half the cooker. Bring to pressure; boil gently for about 1½ hours.

PHYLLIS NAGLE.

**171**

## VEGETABLE SOUP

|  |   |
|--|---|
| <i>12 Breakfast cups of Water<br/>1 tea cup Pearl Barley<br/>(washed and strained)</i> | <i>1 large Potato (grated)<br/>1 Leek<br/>1 small bunch Parsley</i> |
| <i>2 large Turnips</i>   | <i>1 small bunch Celery</i>   |
| <i>2 large Parsnips</i>  | <i>(cut up finely)</i>  |
| <i>3 large Carrots</i>   | <i>Pepper and Salt (to taste)</i>                                   |

**Method.**—Simmer for 3 to 4 hours and stir occasionally not to burn or get thick at the bottom of saucepan. Serve thick or strain. Soup meat can be added to the above if desired. Barley can be omitted if a clear soup is desired.

DEBORAH MALKIN.

**172**

## SOUR LEAF SOUP (Sorrel)

|   |                                  |
|---|----------------------------------|
| <i>4 bunches Sour Leaves<br/>2 pints Water, 1 teasp. Salt</i> | <i>1 Lemon, 2 Eggs<br/>Cream</i> |
|---|----------------------------------|

**Method.**—Wash the leaves and place in a saucepan with the water and salt. Boil fast for about 20 mins. Then press through a sieve until everything is forced through. Add the juice of the lemon, and put back to boil. Beat up eggs, and stir in slowly after removing from stove. Cool and put in refrigerator. Serve cold, with sour cream added.

DORA SIERADZKI.

Notes

## 173

## BEETROOT SOUP

BASIC LIQUID: (May be used for Milk or Meat Beetroot Soup):

**Method.**—Scrub 6 to 8 large beetroots very thoroughly. Leave small section of stem to prevent "bleeding." Simmer in about 3 pints water until soft. Drain off liquid carefully. Peel beetroots, grate 2 or 3 on coarse grater, and return to liquid. Leave remaining beets for salad.

Season to taste with tartaric acid, sugar and salt, using a fair quantity of each to get a good "sweet-sour" taste. Keep in refrigerator until required for meat or milk beetroot soup. It will keep for several days.

## MILK BEETROOT SOUP:

**Method.**—Boil required quantity of milk. Cool thoroughly. Add to equal quantity of cold Basic Liquid. Add extra seasoning if necessary. Stir in several tablespoons cream (preferably sweet) to improve texture. To serve, drop spoonful of cream on top. Stir lightly to give streaky effect. Serve with hot boiled potatoes for each person. Soup will keep for a few days in refrigerator.

## MEAT BEETROOT SOUP:

**Method.**—Mince 1 lb. steak, add seasoning, 1 egg, and a little water to soften. Mix well. Shape into small balls. Bring required quantity of Basic Liquid to boiling point and drop in mince balls. Boil for about 1 hour. Add extra tartaric acid, sugar and salt to taste. Mash 2 egg yolks with a pinch of salt. Add a spoonful of soup at a time to egg, stirring well after each addition to avoid curdling, until there is a cupful of liquid. Keep soup boiling slowly, and just before serving, add egg liquid very gradually, stirring constantly. Allow to boil up once, and remove immediately from stove. If desired, use extra egg yolks for even better texture.

GERTRUDE HARVEY COHEN.

★ ★ ★

## 174

## PEACH OR PLUM SOUP

**Method.**—Boil 8 peaches, or 12 Satsuma plums, in 2 pints of water, till soft, rub through sieve, add sugar ( $\frac{1}{2}$  cup or more) and salt to taste. Chill in fridge, and serve with cream. Very refreshing in hot weather.

DORA SIERADZKI.

★ ★ ★

## 175

## CREAM OF TOMATO SOUP

|                    |                         |
|--------------------|-------------------------|
| 2 lbs. Tomato      | 1 teaspoon Salt         |
| 1 Carrot, 1 Onion  | White Sauce             |
| 1 tablespoon Sugar | Tomato Sauce if desired |

**Method.**—Slice carrot and onion and boil together with very little water. Slice tomatoes and when carrot and onion are soft add tomatoes. Add salt and sugar. While cooking make thick white sauce (see Recipe No. 199) in separate pot. When tomatoes are soft and pulpy rub through strainer and add slowly to sauce. Boil for five minutes. Add 1 tablespoon tomato sauce and strain

RAZELLE HIRSHOVITZ (Durban).

## TEN COMMANDMENTS FOR THE KOSHER KITCHEN

Compiled by Dr. H. ABT

1. Do buy meat and all meat products from a butcher whose store is under supervision of the Beth Din (Ecclesiastical Court).  
But do not think that meat from an animal which has not been ritually slaughtered can be made kosher by soaking and salting it.
2. Soak the kosher meat for 1/2 an hour in a vessel used only for this purpose, salt on all sides; place for one hour on a perforated board to allow the blood to flow away. Wash the meat so that no speck of blood-drenched salt is left.  
But do not do the same with liver, which should be slightly salted and then broiled (grilled) so that all the blood can drip out. The same method applies when grilling steaks and chops. But remember that the drip-tray and its contents are "treifah."
3. Do the same with all poultry after having removed the main vein on the neck and all intestines; salt the poultry inside as well.  
But do not cook or fry poultry after you discover any defect in it. Go to an authorised Orthodox Rabbi and ask him whether it is still permissible to eat the poultry.
4. Of fowl eat only pigeon, chicken, duck, pheasant, partridge, quail and turkey.  
And do not eat eggs of unclean birds, e.g., eggs of ostrich, peevit, gull.
5. Do eat only those fish that have fins and scales.  
But do not eat oysters, lobsters and crabs nor black caviar, because it is the product of the sturgeon, a forbidden fish.
6. Do have different sets of pots, pans, cooking utensils, dishes, china, silverware and table-cloths for meat and milk dishes.  
And do not eat food prepared with both milk and meat at the same time. Some hours should elapse between a "meaty" and "milky" meal.
7. Fish, eggs, vegetables and fruits may be eaten with both meat and milk dishes.  
But do not use animal fat or any meat product for preparing fish.
8. Examine every egg for any drop of blood in the yolk or in the white. In that case, you cannot use the egg at all.  
Therefore do not open it directly into a dish or pot which already contains food.
9. Do have separate cleaning utensils for meat and milk dishes, pots and cutlery.  
But do not use soap for washing up, only use scouring powder which contains no animal fat.
10. Do also buy special sets of pots, etc., for Passover.  
But do not feel sorry for the expenses, because it is the best investment in Jewishness for your children.

## MEAT MANOEUVRES

Notes

TZIMAS (CARROT AND PRUNE) RECIPES WILL BE FOUND UNDER  
"TRADITIONAL JEWISH DISHES"

★ ★ ★

176

## VEAL-FRICASSEE

|                     |                        |
|---------------------|------------------------|
| 2½ lbs Stewing Veal | 1 Carrot               |
| ½ lb. Minced Meat   | Flour, Fat             |
| 1 whole Egg, 1 Yolk | Lemon Juice            |
| Pepper, Salt        | 1 teaspoon Capers      |
| 1 Onion             | 1 slice of white Bread |

**Method.**—Cook veal in enough water to make a gravy, with salt, pepper, carrot and onion till tender. Strain the stock and cut up the meat into squares. Mix the minced meat with some chopped onion, salt, pepper, the whole egg and the soaked slice of bread. Form little balls from the mixture. Then make a white sauce from the fat, flour and the strained stock, add a little lemon juice and the capers. Cook the meat balls in this sauce, then add the veal, and let it simmer for 15 minutes. Remove from the stove and mix the beaten egg-yolk carefully into the sauce. Serve with cooked rice, asparagus or cauliflower.

ALICE WOLFF.

★ ★ ★

177

## VIENNA SCHNITZEL

|                                      |                           |
|--------------------------------------|---------------------------|
| 4 thin slices of Veal<br>(boneless). | Breadcrumbs, Salt, Pepper |
| 1 beaten Egg                         | 4 Eggs and 1 beaten Egg   |

4 Sardelles, 4 slices of Lemon

**Method.**—Wash the meat, sprinkle with salt and pepper and dip first in the egg, then turn in breadcrumbs. Fry in fat in a frying pan on both sides till golden brown. Serve with a fried egg, a sardelle and a slice of lemon on each Schnitzel. It can be served with fried potatoes or chips and any vegetable.

ALICE WOLFF.

★ ★ ★

178

## "SEMMERING" HORS D'OEUVRES

(Note.—Semmering is in the Austrian Tyrol. While spending a delightful holiday at a Kosher hotel there, this appetising dish was often served in place of a fish hors d'oeuvres.)

**Method.**—Wash thoroughly, 3 tablespoons rice. Boil in salted water. When done, stir in 1 dessertspoon chicken fat, 1 dessertspoon "griebenis," and cut up small pieces of polony, or left over chicken or tongue. Serve very hot (sufficient for 6).

ESTHER SORESON.

For Definition of "Griebenis" see "Useful Cooking Terms"

179

## PICKLED TONGUE, BRISKET OR BEEF

Notes

**Method.**—Wash meat well and dry. Prick surface all over with sharp-pointed knife. Chop 1 or 2 cloves garlic, mix with 1 dessert-spoon saltpetre, 1 teaspoon sugar, 1½-2 cups coarse salt, and rub part of this mixture thoroughly into meat. Sprinkle deep dish with ½ of remaining mixture, and some bayleaves, 2 or 3 cloves, and peppercorns or allspice. Place meat on this, cover with remaining salt mixture, and few more bayleaves, etc. Cover dish, place in fridge, and turn every morning during pickling process. Ready for boiling after 5 to 6 days. Wash well, soak about 1 hour in cold water, and boil in fresh water until tender.

VIOLET WITTERT.

★ ★ ★

180

## SAVOURY LIVER ROLLS

|                            |                              |
|----------------------------|------------------------------|
| 3 Onions                   | 1 tablespoon Worcester Sauce |
| 1 lb. Liver                | 1 tablespoon red Wine        |
| 2 tablespoons Tomato Sauce | 3 drops Tobasco Sauce        |

**Method.**—Chop onions fine, slice and season liver with salt and pepper and place a quantity of onions on each piece. Roll up liver and secure with cocktail sticks. Fry balance of chopped onions until light brown, then add Tomato Sauce, Worcester Sauce, Red Wine and Tobasco Sauce. To this add rolled liver and allow to simmer until tender.

BELLE BERLOWITZ.

ED. NOTE.—(1) Steak may be substituted for liver. (2) Increase quantities of condiments to your taste if you prefer a sharper sauce.

★ ★ ★

181

## BAKED MINCE AND LOKSHEN

|                            |                         |
|----------------------------|-------------------------|
| Beef                       | 2 Eggs, Seasoning       |
| 1 small Onion              | Sugar, Syrup (optional) |
| Lokshen (broad noodles)    | 3 tablespoons Fat       |
| Thick slice of White Bread | Cinnamon                |

**Method.**—Use sufficient beef and lokshen for size of family. Mince together, meat, onion, soaked bread. Add eggs, 1 tablespoon fat, seasoning. Mash very well with fork. Place in oven dish; bake in moderate oven till meat is partly done. In the meantime, boil lokshen in salted water till soft. Run cold water through lokshen. Mix remaining fat, salt, cinnamon and sugar, and syrup (about 2 tablespoons) to lokshen. Place over meat. Brown according to preference in moderate oven and serve hot.

ANNIE SHROG.

★ ★ ★

182

## CHICKEN LIVER HORS D'OEUVRE

|                           |                                   |
|---------------------------|-----------------------------------|
| 1 Chicken Liver, 1 Tomato | 1 small Onion, Salt and Pepper    |
| 1 Hard-boiled Egg         | 3 tablesp. cooked Rice (optional) |

**Method.**—Grill liver for few minutes. Slice onion very thinly and boil in little water in fry-pan. Cut tomato, egg and liver in small pieces, and add. Add a little chicken fat or Purene, stir, and fry for few minutes. Serve hot. Sufficient for 3—4 people. To increase quantity, add the rice. Egg should be added just before serving.

GERTRUDE HARVEY COHEN.

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183

## GRAVY FROM ROAST

Notes

After Roast is done, drain off fat in pan without disturbing sediment (fat can be used for next roast). Leave onions from roast in pan, and place over low heat. Add about 2 tablespoons flour or 1 dessertspoon cornflour, blend well. Add 1 cup hot water gradually, stirring constantly. If too thick, add extra water. If necessary, season to taste. Strain and serve hot.

GERTRUDE HARVEY COHEN.

★ ★ ★

184

## LUNCHEON DISH FROM LEFT-OVER MEAT

|                                     |                        |
|-------------------------------------|------------------------|
| <i>Left-over Meat</i>               | <i>Seasoning</i>       |
| <i>Gravy, left-over or prepared</i> | <i>1 or 2 Tomatoes</i> |
| <i>1 cup cooked Rice</i>            | <i>Chicken Fat</i>     |

**Method.**—Mince the meat (if using stewed mince-balls, mash with a fork). Add cut up tomatoes and seasoning to taste. Stir gravy and chicken fat into the meat. Put into a pyrex dish. Cover with a thick layer of the rice. Dot a little more fat over the rice. Allow to cook slowly in a moderate oven. Serve with hot gravy.

Temperature: About 350°. Time: About  $\frac{1}{2}$  hour.

VARIATION:—Serve with Sauce prepared as in Monkey-Gland Steak.

GERTRUDE HARVEY COHEN.

★ ★ ★

185

## CABBAGE LEAVES WITH MINCE MEAT

|   |                                    |
|---|------------------------------------|
| <i>2 lbs. Rib, <math>\frac{1}{2}</math> lb. Fat</i> | <i>1 head Cabbage</i>              |
| <i>3 Tomatoes, 1 Lemon</i>                          | <i>Seasoning, 2 tablesp. Sugar</i> |

**Method.**—Mince meat and fat, add seasoning and egg. Separate cabbage leaves (remove heart), and place in boiling water. Change water and soak till leaves are soft. Wrap portions of mince in each leaf and place in pan. Cover with sliced tomatoes, sugar, salt, pepper, and lemon juice. Bake in oven about 2 hours.

CELIA KIRSON.

★ ★ ★

186

## BRISKET IN POTATO PUDDING

**Method.**—Boil brisket as usual until nearly ready. Add prunes and 2 whole carrots and cook for another hour. Prepare a potato pudding recipe, and put into a greased Pyrex dish. In the centre, place the almost cooked brisket, with the prunes all round. Decorate round the edge with the sliced carrots. Pour a very little of the gravy over the meat and bake in oven until potato pudding is cooked and meat is tender.

ANNIE JASPAK.

Potato Pudding, see Recipe No. 222

PIEL'S FOR COLD STORAGE AND FOOD PRODUCTS

Notes

## 187

## STEAK GOULASH

|                                |                                    |
|--------------------------------|------------------------------------|
| <i>Stewing Steak, 1 Onion</i>  | $\frac{1}{4}$ <i>teasp. Ginger</i> |
| <i>½ cup Water, Little Fat</i> | <i>Salt and Pepper</i>             |
| <i>1 dessertspoon Flour</i>    | <i>1 large Tomato</i>              |

**Method.**—Cut steak into small cubes. Roll in flour mixed with seasoning. Brown onion in fat. Add meat and brown lightly. Add sliced tomatoes; fry all together. Then add water and stew 3½-4 hours. One hour before ready, add dumplings.

## DUMPLINGS :

|                                 |   |
|---------------------------------|---|
| <i>2-3 tablesp. Flour, Salt</i> | $\frac{1}{2}$ <i>teasp. Royal Baking Powder</i> |
| <i>1 dessertspoon Fat</i>       | <i>Yolk of Egg, Little Water</i>                |

**Method.**—Mix to smooth dough—not too hard or too watery. Drop by spoonful into Goulash mixture, and keep lid closed until cooked.

RAZELLE HIRSHOVITZ (Durban).

★ ★ ★

## 188

## MOCK CHICKEN FAT

Boil together 1 lb. Purene, 1 bottle salad oil, about 1 lb. cut-up onions, and 1½ cups finely grated carrots, till onions are lightly browned. Strain. Store in frig.

ANNIE SHROG.

★ ★ ★

## 189

## PORCUPINE MEAT BALLS

|                                    |  |
|------------------------------------|--|
| <i>1½ lbs. minced Beef</i>         | $1\frac{1}{3}$ <i>cups condensed Tomato Soup</i> |
| <i>1 teasp. Salt, pinch Pepper</i> | <i>1 cup hot water</i>                           |
| <i>½ cup Raw Rice</i>              | $\frac{1}{4}$ <i>cup grated Onion</i>            |

**Method.**—Mix beef, rice, salt, pepper and onion. Make 15-18 small balls. Simmer slowly in the liquids for about 1 hour (add a little extra water or soup if necessary) or cook in pressure cooker 15-20 minutes. Serves about 6 people.

GERTRUDE HARVEY COHEN.

★ ★ ★

## 190

## ITALIAN SPAGHETTI

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| <i>1 lb. Spaghetti</i>              | <i>1 Onion, 1 stalk Celery</i>      |
| <i>2 cups skinned, minced</i>       | <i>½ lb. minced Steak</i>           |
| <i>Tomatoes</i>                     | <i>3 tablesp. Fat</i>               |
| <i>1 tablesp. chopped or minced</i> | <i>Salt, Pepper, Pinch of Sugar</i> |
| <i>Parsley</i>                      | <i>½ cup sliced Carrots</i>         |

**Method.**—Heat fat in pan. Add parsley onion, celery and carrot. Cook 10 mins. (do not burn). Add meat and when brown add tomatoes and simmer for 20 minutes. Add pepper, salt and pinch of sugar to taste. Cook 1 lb. spaghetti in boiling salted water until tender (about 20 mins.). Drain well. Place on large heated dish and pour over meat sauce.

RAZELLE HIRSHOVITZ (Durban).

For further Spaghetti Recipes see under "Italy"

For Rice de Luxe Recipe see under "China"

For Recipe of Meat Pasties see under "Australia"

191

## CURRIED MEAT

|  |                                      |
|--|--------------------------------------|
| <i>Any left-over cold meat diced enough to serve 3 or 4 people</i> | 1 dessertsp. Sugar                   |
| 1 large Onion, 1 large Tomato                                      | 1 dessertsp. Curry Powder            |
| 1 large Apple, 2 Bananas   | 1 dessertsp. Flour                   |
| 1 dessertsp. Currants or Sultanas                                  | 1 dessertsp. Worcester Sauce         |
|  | <i>Little Salt, 1 tablesp. Fat</i>   |
|  | <i>Little Apricot Jam (optional)</i> |

**Method.**—Fry thinly-sliced or chopped onion in fat until light brown. Add peeled and cut-up tomatoes, apples, bananas and currants. Add diced meat. Mix curry, flour, sugar, salt and sauce with a little cold water to a smooth paste. Add sufficient water to enable mixture to completely cover meat and fruit mixture. Stir through to mix all ingredients and simmer slowly for about  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, stirring occasionally. Serve with rice. Cold sliced bananas, tomatoes, shredded coconut and chutney can be served with this dish.

VIOLET WITTERT.

★ ★ ★

192

## MONKEY-GLAND STEAK

|  |                                     |
|--|-------------------------------------|
| 1 lb. Steak                              | 1 $\frac{1}{2}$ tablesp. Sweet Wine |
| 3 medium sized Onions                    | Salt and Pepper                     |
| 1 $\frac{1}{2}$ tablesp. Tomato Sauce    | Mixed Spice (Optional)              |
| 1 $\frac{1}{2}$ tablesp. Worcester Sauce | Vegetable Fat                       |

**Method.**—Slice and chop the onions coarsely. Fry in vegetable fat until light brown. Add sauces and wine, and salt and pepper to taste. Allow to simmer for 2 minutes, stirring constantly. Cut steak into serving slices, beat well and season with salt and pepper; mixed spice will add to the flavour. Place on top of the onion mixture, and fry on both sides according to preference. Serve at once on a hot plate.

**Editorial Note.**—If you prefer a sharper sauce, increase condiments to your own taste.

BELLE BERLOWITZ.

★ ★ ★

193

## STUFFED PEPPERS

**Method.**—Select large peppers which have turned red or yellow, as these have an appetizing colour. Cut stalks off top of peppers, and scoop out pips. Stuff hollow peppers with well seasoned mince meat prepared as for rissoles. Braise sliced onions in saucepan and add sliced, peeled tomatoes. Season well with salt, pepper and a tiny piece of garlic (or a shake of garlic salt), a few peppercorns and a small teaspoon of sugar. Add stock or water to just cover onions and tomatoes and put in the stuffed peppers. Cook slowly, and baste until meat is cooked. Serve on a flat meat dish and garnish with mounds of rice or mashed potatoes. One or more peppers for each person.

AMY PERLMAN.

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194

## PRESSED TONGUE

Notes

1 Tongue (fresh or pickled)    2 Carrots  
 2 Bayleaves                      Few Peppercorns

**Method.**—Wash tongue well and boil with carrots. If fresh use onion, spices and seasoning. If pickled, without spices. If a pickled tongue is too salty, pour off the water and add fresh boiling water. Boil until tender. Skin while hot, cut off the untidy ends at the base. Place rolled tongue in saucepan or round pyrex dish just large enough to hold it. Cover completely with inverted plate and press down well with heavy weight. Juice will ooze from tongue if correctly pressed. Leave overnight to "Jell," unmould for serving. Garnish attractively. (If desired diced carrots and green peas can be put at the bottom of pyrex dish before placing tongue.)

GERTRUDE HARVEY COHEN.

★ ★ ★

195

## SWEET AND SOUR GINGER BALLS

|                              |                               |
|------------------------------|-------------------------------|
| Mince Meat                   | Juice of $\frac{1}{2}$ Lemon  |
| 1 pint Water                 | 2 dessertsp. Golden Syrup     |
| 1 Onion cut up finely        | $\frac{1}{2}$ teaspoon Ginger |
| 1 Tart Apple cut up          | $\frac{1}{2}$ teaspoon Salt   |
| 6 prunes (stoned and cut up) | 1 slice Wholemeal Bread       |
| 6 dried Apricots cut up      | crumbed up                    |
| 2 Tomatoes cut up            | Raisins or Sultanas           |

**Method.**—Make a brown gravy by cooking all ingredients for  $\frac{1}{2}$ - $\frac{3}{4}$  hour. Keep on tasting to see if it is just sufficiently sweet and sour to suit your taste. Then drop into this boiling brown gravy, small prepared mince meat balls to allow about 6 balls per person. Cook for  $\frac{1}{2}$  hour and serve piping hot on a cold winter's day.

ESTHER SORESON.

★ ★ ★

196

## CHICKEN OR TURKEY CREOLE

**Method.**—Boil poultry until tender. Cut up into small pieces. Sauté in chicken fat: 2 tablespoons chopped onion, 2 tablespoons chopped green pepper, and stir in 3 tablespoons flour,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon paprika. Add 2 to 3 cups broth from the boiled poultry. Bring to the boil and add 1 teaspoon lemon juice. Sauté 1 tin sliced mushrooms in 2 tablespoons fat, and cook slowly until tender. Add mushrooms to rest of sauce, pour over the poultry and heat. (Add a little extra broth if too thick.) Serve with rice or noodles.

AMY PERLMAN.

★ ★ ★

197

## CHICKEN OR TURKEY A LA KING

Prepare exactly as for CREOLE (above), but omit the green peppers.

AMY PERLMAN.

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## HOLLANDAISE SAUCE

|                             |                            |
|-----------------------------|----------------------------|
| <i>Juice of 1/2 Lemon</i>   | <i>1/4 teaspoon Salt</i>   |
| <i>2 unbeaten Egg Yolks</i> | <i>Dash Cayenne Pepper</i> |
| <i>1/4 lb. Butter</i>       |                            |

**Method.**—Mix lemon with yolks. Cut butter into 3 parts. Add 1 part to yolks. Cook over hot, not boiling, water. Stir constantly until butter melts and sauce thickens. Add second third of butter, and cook until thickened. Add last third of butter. Stir until like mayonnaise. Remove from heat. Add seasonings, and beat with spoon or wire whisk until shiny. Takes about  $\frac{1}{2}$  minute. Serve hot over cooked, drained broccoli or other vegetables such as asparagus or cauliflower. May be stored in tightly covered jar in refrigerator.

**Note.**—If sauce curdles, beat in 2 tablespoons of boiling water until smooth again.

GERTRUDE HARVEY COHEN.

★ ★ ★

199

## WHITE SAUCE

(1) **Thin**—

|                                |   |
|--------------------------------|---|
| <i>2 tablespoons Butter</i>    | <i>1/2 teasp. Salt, 1/4 teasp. Pepper</i> |
| <i>1 1/2 tablespoons Flour</i> | <i>1 cup Milk</i>                         |

**Method.**—Melt butter on slow plate. Gradually add flour and stir well until blended. Stir in milk and seasoning and continue to stir until thickened. An extra teaspoon of butter and 1 teaspoon boiling water added when sauce is done will give a velvety texture.

(2) **Medium**—Increase flour to 2 tablespoons(3) **Thick**—Use 3 tablespoons each butter and flour.

★ ★ ★

200

## TARTARE SAUCE (Serve with Fish)

|                                  |                                    |
|----------------------------------|------------------------------------|
| <i>3/4 cup Mayonnaise</i>        | <i>1 teaspoon chopped Olives</i>   |
| <i>1/2 teaspoon minced Onion</i> | <i>1 tablespoon minced Parsley</i> |
| <i>1 teaspoon chopped Sweet</i>  | <i>2 teaspoons minced Capers</i>   |
| <i>Pickle or Gherkin</i>         | <i>1 tablesp. Tarragon Vinegar</i> |

**Method.**—Drain the liquid from all the chopped ingredients, then fold into mayonnaise, add vinegar and mix well. Chill. Serve in lemon baskets or cucumber boats.

★ ★ ★

201

## MOCK SAUCE TARTARE

Mix 2 to 3 tablespoons cream cheese, a little chopped spring onion, salt and pepper to taste with a little cream or mayonnaise.

GERTRUDE HARVEY COHEN.

★ ★ ★

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## CHOCOLATE SAUCE FOR ICE CREAM

|                                   |                           |
|-----------------------------------|---------------------------|
| <i>1/4 lb. plain Chocolate</i>    | <i>1 tablespoon Sugar</i> |
| <i>1 tablespoon boiling Water</i> | <i>1 Egg (whole)</i>      |

**Method.**—Melt chocolate in boiling water and sugar. When smooth remove from fire. Cool slightly. Add egg yolk. Mix well. When quite cool add stiffly-whipped white. Warm in hot water and pour over ice cream just before serving. May be used as a cake icing if less water is used.

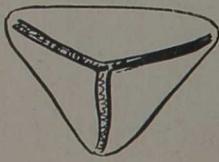
MAY KENTRIDGE.

# JEWISH FESTIVAL FARE

By  
DR. H. ABT.

—Illustrated by ABE BERRY.

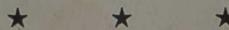
## A FEW REMARKS ON "WHAT TO EAT AND WHY"



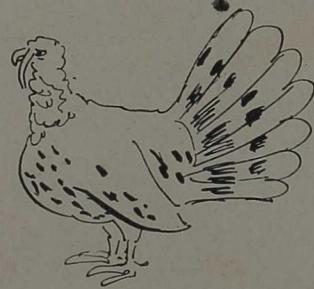
Let us start with **Purim**, the festival of **Haman Tashen**, **Kreplach**, **Bob** and **Turkey**. Actually Hamantashen have nothing to do with the wicked Haman. They consist of tashen (pockets) to be filled with poppy seed, called Mohn or Mahn in the Yiddish language. However, one cannot blame Jewish ingenuity for having changed Mahn Tashen into Hamantashen.

We always eat **Kreplach** when there is beating and banging: (1) On the eve of **Yom Kippur** in allusion to **Makkoth**, the corporal punishment which we deserve for our sins; (2) On **Hoshanah Rabba**, when we beat the willows to the ground; (3) On **Purim** when we make a terrific noise any time the name of Haman is read from the Megillath Esther.

Bob (broad beans) or peas cooked in salt water, are eaten in remembrance of Queen Esther's diet when she lived in Ahasverus' palace, and who, according to the Midrash, refused to eat forbidden food. The authoritative source is actually the story of Daniel and his three companions, and their deep-rooted abhorrence of unclean food. They demonstrated their religious loyalty by requesting an all vegetarian diet, asking particularly for **Seroim**, a word which is usually translated as meaning pulse, i.e., beans or peas. (Book of Daniel I, 8-16).



As to the Turkey on Purim, his Hebrew name is **Tarnegol Hodu**, an Indian fowl, and Ahasverus ruled from Hodu to Kush, from India to Ethiopia. The turkey is also regarded as the most foolish among the fowls, thus sharing the privilege with King Ahasverus, who was foolish enough to yield to any suggestions, from whatever quarters they came.



**Lag b'Omer**, the 33rd day in the period from **Pesach** to **Shavuoth**, is the day of **coloured eggs**. If eggs are plain and hard boiled, they symbolise mourning, and are thus eaten as the mourners' first meal after their return from the cemetery and likewise on the eve of

**Tisha b'Av**—the 9th of Av—when we commemorate the destruction of our Temple. It is possible that such plain hard-boiled eggs were originally eaten also on **Lag b'Omer**, in commemoration of the death of the pupils of Rabbi Akibah, who passed away during that period.

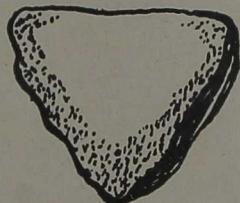
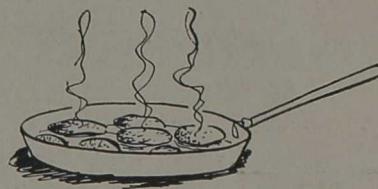
Coloured eggs, however, symbolise joy. They are an allusion to the Yarzeit of Rabbi Shimon ben Jochai on **Lag b'Omer**. During his lifetime, Jewish legend tells us, the world existed because of his piety. No rainbow appeared in the sky, as a symbol of the divine assurance that the



world would never again be destroyed, as it happened in Noah's days (Genesis IX, 13). After the death of Rabbi Shimon ben Jochai, however, the divine assurance was once more needed, and thus the coloured eggs are a wishful anticipation of the spectrum of the rainbow.

★ ★ ★

What would **Chanukkah** be without **Latkes**? Chanukkah is to all ends and purposes the only period when card playing is not a stigma. Like the Earl of Sandwich in the 16th century, who is said to have eaten slices of bread and toast while gaming for 24 hours, we eat Latkes lest we be forced to interrupt our gambling in order to have dinner. It is noteworthy that the eating of Latkes is a special feature of the 5th night of Chanukkah because, according to our calendar rules, that particular night can never fall on Shabbath, and thus no restrictions with regard to gambling can be enforced on that night.



And what would **Shavuoth** be without **Cheese Blintzes**? This festival of the month of Sivan, **the third** month in the Jewish religious year, commemorates the giving of the Torah through Moses, the **third** born child after Miriam and Aaron, to the Jewish people, which is divided into **three** groups of Kohanim, Levites and Israelites. So much about the triangular shape.

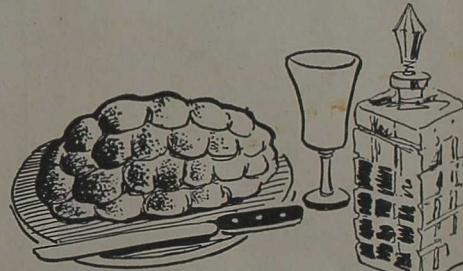
But why are the blintzes filled with dairy products? They are symbolical of a Torah compared with milk and honey.

★ ★ ★

A final word about the shape of **Challoth**, the two loaves of bread on our table on **Shabbath** and **Yom Tov**. For **Shavuoth**, some women fashion them with seven rings, an allusion to the seven celestial spheres rent by God when he descended from heaven to give the Torah on the Mount of Sinai. Others shape the Challoth into the form of twin loaves, which were brought as an offering on Shavuoth, and also because of the Zodiac signs for the month of Sivan, which is "twins."

For **Rosh Hashanah** the loaves are baked round, because another year is rounded.

Of a deeper meaning, is a custom of baking the loaves in the shape of ladders, for the eve of **Yom Kippur**. The ladders not only symbolise that it is God who elevates and humiliates the children of man, but they also teach the moral lesson that man, through sincere repentance of his sins, can reach to heights of perfection.



Jewish tradition not only teaches us what to eat, when to eat, and how to eat, but gives us likewise the historic, religious and mythical background of our Jewish Food, and tells us why we eat certain food and why we shall always enjoy eating it.

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# TRADITIONAL JEWISH DISHES

KNEIDLACH RECIPES WILL BE FOUND UNDER "PASSOVER DISHES"



**203**

## EGG KICHLACH

6 Eggs less 2 Whites  
2 heaped cups Flour  
2 tablesp. Oil

1 tablesp. Brandy  
Pinch Salt and Pepper

**Method.**—Mix flour, eggs (beaten), seasoning, oil and brandy to form an ordinary dough just firm enough to roll very thin. Sprinkle with sugar, cut rounds or squares, and bake in hot oven (500°), from 5 to 10 minutes.

CELIA KIRSON.



## USEFUL HINT FOR GEFILTE FISH.

The flavour is greatly improved if the onions are first fried in oil. The same oil can be used if the recipe calls for oil.

JEANETTE COHEN.



**204**

## GEFILTE FISH

2 lb. Fish, 1 large Onion  
1 Egg, Salt, Pepper  
1 tablesp. Sugar  
1 tablesp. Almonds

2 tablesp. crumbed Marie Biscuits  
1 tablesp. Oil, 1 cup Cold Water  
Carrots, Onion and 1 Beetroot

**Method.**—Wash and salt 2 lbs. fish. Then skin, fillet and mince with one large onion. Add egg, salt, pepper, sugar, almonds, crumbed Marie biscuits and oil. Chop well, and then add water. Put bones, heads and skin into saucepan with sliced onion, carrots and beetroot. Roll minced fish into balls, and place in saucepan on top of bones. Cover with cold water. Add pepper and salt to taste. Boil for two hours. Add more water if necessary.

BLANCHE ABRAHAMS.



**205**

## GEFILTE FISH

2 lbs. fileted Fish (Line, Stock or both mixed)  
2 small Onions, 1 Egg  
1 thick slice Bread (without crusts)  
2 or 3 medium Carrots

1 tablesp. Sugar, Little Water  
1 dessertsp. ground Almonds (optional); little Parsley  
Little melted Butter if for "milk" meal  
Salt, Pepper

**Method.**—Mince fish, small piece of carrot, parsley and one onion. Add soaked bread, egg, salt (quite a lot is necessary in minced fish—exact quantity can only be determined by tasting), pepper, sugar, water, butter (optional) and ground almonds.

Form mixture into balls, encircle with strip of skin, shaping with wet hands. Put enough water in large saucepan to cover fish very well, add 1 onion, sliced carrots, sprig of parsley, teaspoon salt and pinch of pepper. Also place at bottom of saucepan the large bones, broken skins and heads, if any. Bring to the boil, and gently add the balls. Cover, and cook about 1½ hours. Remove carefully from saucepan when cold, place a slice of carrot on each ball, and strain gravy over the top. Serve cold.

VIOLET WITTERT.

206

## PEROGEN DOUGH (Very Novel)

5 cups Flour  
1 lb. Purene

$\frac{1}{2}$  teasp. Salt, 1 teasp. Sugar  
1 bottle Soda Water (Iced)

**Method.**—Cut Purene into small pieces. Add to sifted dry ingredients. Rub through fingers until like crumbs. Add iced soda water and mix with knife to form dough. Wrap in greaseproof paper and put in refrigerator for 24 hours, when it is ready for use.

ANONYMOUS.

\* \* \*

207

## POTATO KUGEL (PUDDING)

2 Potatoes (large)  
 $\frac{1}{2}$  Onion  
1 tablespoon Sugar  
1 tablespoon Syrup  
 $\frac{1}{2}$  teasp. Royal Baking Powder

2 tablespoons Fat (preferably  
Chicken Fat)  
Pepper, Good Pinch Salt  
1 Egg  
2 tablespoons Flour

**Method.**—Grate potatoes and onion. Add all the other ingredients and bake in a greased pyrex dish at 400° until a nice golden brown.

HELEN ARON.

\* \* \*

208

## INGBERLACH

3 or more bunches Carrots  
1 cup of shelled and crushed  
Walnuts

1 dessertspoon Ginger (or to  
taste)  
Sugar (see Method)

**Method.**—Scrape carrots and wash, place in saucepan, cover with water and boil until soft. Remove from water, and when cool, grate on small grater. Squeeze out superfluous moisture, and then measure. To each cup of carrot pulp add one cup of sugar. Stir right from the beginning to prevent burning. When mixture comes away from the pan and shows signs of whitening in places, stir in the ginger and the nuts. Spread on wetted board, and cut when quite cold in the desired shapes. Turn sweets round to dry on the other side.

SARAH F. HERMER.

\* \* \*

209

## TEIGLACH

12 Eggs (take off 3 Whites)  
4 cups Water  
3 lbs. Syrup  
2 lbs. Sugar

2 teaspoons Ginger  
2 tablespoons Oil  
Flour to make a soft dough  
(about 2 lbs.)

**Method.**—Beat eggs well, add oil, flour and a pinch of ginger. Make a soft dough, knead well, and roll into small balls or shape as desired. Bring water, syrup and sugar to boil, and put the teiglach in. Do not lift lid for 20 minutes. Boil till golden brown, then add ginger, stirring well. Remove from fire and place teiglach on a wet board. Sprinkle with sugar while hot.

BELLA HERRISON.

## 210

About 1 lb. Brisket  
8 medium Carrots  
2 Potatoes  
1 Turnip  
Slice of Pumpkin  
1 or 2 Parsnips

## CARROT TZIMAS

Kohlrabi (about 4 ozs.)  
Small Onion  
Cabbage (about 1 oz.)  
1 medium Sweet Potato  
3 dessertsp. Sugar or 2 full tablesp. Syrup  
2 teaspoons Flour

**Method.**—Put meat in saucepan with enough boiling water to cover. Have the vegetables prepared, cleaned, washed; the carrots and parsnips cut into thin rounds, other vegetables in small pieces. Cut away the hard outer crust of the kohlrabi using the inner part only. Boil for 4 or 5 hours or longer, taking care to add boiling water when necessary. It should not burn. Hardly any sauce must remain when ready. Remove the meat, and sprinkle in the flour and sugar or syrup. Mix through a few times and serve. Enough for 6 people.

SARAH F. HERMER.

## PETZAH (BRAWN)

1 Cow's Heel  
3-4 Cloves of Garlic  
Bayleaves and Peppercorns

Salt, Pepper and Ginger to taste  
(Rather more than usual)  
Hard-boiled Eggs, 1 large Onion

**Method.**—Place all ingredients in largest saucepan and cover with water. If possible, start boiling early in morning and keep on adding water so that the heel is covered all the time for the first five to six hours. Taste to see if sufficiently seasoned. Allow to boil until the meat falls off bones. Mince into gravy and pour into shallow Pyrex dishes. Garnish with sliced hard boiled eggs. When cool place in refrigerator to set. Serve with mustard.

If softer Petzah preferred, add extra liquid before setting (boiling water, stock, or liquid from boiling pickled meat).

"Can be made in pressure-cooker, time according to maker's instructions."

## CHOPPED LIVER

\*Griebeinis, Liver  
Cinnamon, Salt and Pepper

1 small Onion, 3 Eggs  
Chicken Fat

**Method.**—Grill liver on brown paper on hot plate to extract blood. Skin liver when cold. Mince together liver, griebeinis, 2 hard boiled eggs. Grate 1 small onion, add chicken fat, cinnamon, salt and pepper.

Mix with fork, press down on to plate. Decorate with alternate sections of yellow and white chopped egg. (\*See "Useful Cooking Terms".)

ANNIE SIMS.

## 213

## POTATO PEROPEN

## DOUGH:

6 medium Potatoes  
1 teaspr. Baking Powder

Flour, about 4 tablesp., 1 Egg  
2 tablesp. Fat,  $\frac{1}{4}$  teaspr. Salt

## FILLING:

2 lb. cooked Meat  
2 Eggs

2 tablesp. Fat  
Salt and Pepper to taste

**Method.**—Mince boiled potatoes while still hot. Mix with other ingredients. Roll out small portions of dough at a time. Fill with meat filling. Fold like a sausage roll. Fry in about  $\frac{1}{2}$ " hot fat.

TILLY MILLER.

## 214

## INGBERLACH

12 cups grated Carrots  
7 cups Sugar

**Method.**—Wash carrots. Grate on coarse grater. Add sugar and boil for 1 hour; allow to boil quickly stirring occasionally to avoid burning. Add juice of lemon and oranges, all grated rinds and ginger.

To test if ready, take a spoonful and place on a saucer and allow to cool. If mixture holds firmly, it is ready to come off the stove.

Wet a pastry board slightly with cold water and pour mixture on to it. Smooth down with a knife into a square slab to thickness liked, about  $\frac{1}{2}$ " high. Allow to set overnight. Cut diagonally into strips to form diamond shapes. If, when cutting, mixture is too soft, it can be reboiled a second time.

ANNIE SIMS.

★ ★ ★

## 215

## CARROT TZIMAS

|  |                          |
|--|--------------------------|
| Brisket of Beef with some fat<br>(according to size of family) | Potatoes                 |
| 3 or 4 bunches Carrots   | About 1 tablespoon Sugar |
| Sweet Potatoes, Pumpkin  | Salt, Cinnamon           |
|  | 1 dessertspoon Flour     |

**Method.**—Place meat in saucepan, and cover with the vegetables cut up in small pieces. Add water to about half the depth of the vegetables and stew about 3 hours or until brisket is tender. Then add the sugar, salt and cinnamon. Mix the flour with a little water to a smooth paste and add. By then the gravy should have boiled down and must not be too liquid.

AMY PERLMAN.

★ ★ ★

## 216

## DUMPLINGS FOR CARROT TZIMAS

|                              |                                   |
|------------------------------|-----------------------------------|
| 1½ cups Flour                | ½ teaspoon Cinnamon               |
| 1 small teasp. Baking Powder | Salt to taste                     |
| 1 dessertspoon Dripping      | 1 Egg, beaten with a little Water |
| 1 teaspoon Sugar             |                                   |

**Method.**—Rub together flour, baking powder and dripping, add sugar, cinnamon and salt. Moisten and mix with the egg and water to obtain a smooth soft dough. Drop by dessertspoonful into the tzimas, and cover tightly until well cooked (about 20 to 30 minutes).

AMY PERLMAN.

★ ★ ★

## 217

## POTATO FRITTERS ("LATKES")

|                              |                                |
|------------------------------|--------------------------------|
| 1 lb. Potatoes               | A pinch of Pepper              |
| A small piece of Onion       | 1 Egg                          |
| 1 teasp. Royal Baking Powder | ¼ breakfast cup Beare's Matzo- |
| 2 teaspoons Sugar            | Meal, or Flour                 |
| 1 teaspoon Salt              | Butter or Oil for Frying       |

**Method.**—Peel the potatoes, wash and drain off the water. Grate on medium grater (not coarse). Do not strain. Put in all the ingredients. Mix. Let it stand a few minutes while getting the pan ready. (Oil is preferable for frying, as it makes crisper and lighter fritters.) Fry fairly quickly. Start on high, then switch to medium. When nice and brown remove, place on paper to absorb the oil (not greaseproof). No paper is required if fried in butter. Makes 2 dozen.

SARAH F. HERMER.

## 218

## PEROGEN

## DOUGH:

|  |  |
|--|--|
| 1 Egg                                      | 2 tablesp. Fat, Chicken Fat, (or $\frac{1}{2}$ Vegetable Fat, $\frac{1}{2}$ Chicken Fat) |
| 1 cup iced Water                           |  |
| $\frac{1}{2}$ teasp. Salt, Pinch of Pepper | 1 teasp. Baking Powder   |
| $\frac{1}{2}$ teasp. Sugar                 | Flour to mix   |

**Method.**—Beat egg, add seasoning, fat and water. Add flour and baking powder. Mix to firm dough, but not too hard. (For crisper pastry leave in frig.) Roll out, cut into squares. Put in filling. Damp edges and press together. Bake at 350°.

## MEAT FILLING:

1 lb. steak; 1 medium-sized onion; salt and pepper to taste; little chicken fat. Mince meat and fried onions. Add fat and seasoning.

ANNE TOLLMAN (Durban)

★ ★ ★

## 219

## PEROGEN (New Style)

**Method.**—Beat well together  $\frac{1}{2}$  cup oil, 1 egg. Then add  $\frac{3}{4}$  teaspoon salt,  $\frac{3}{4}$  glass cold water. To this mixture add  $2\frac{1}{2}$  cups flour,  $3\frac{1}{2}$  teaspoons baking powder. Beat well and leave. Mince meat and add salt, pepper, ground ginger, little dry mustard. If meat is very dry add gravy, soup or water to moisten. Divide dough and meat into even numbers, then proceed as follows: Oil pan, then dab small amount of oil on palm of hand, flatten small portion of dough on palm, add meat, close and put into pan. Dab a little oil on each pie. Bake for 8-10 minutes in very hot oven. Serve hot or cold.

IRENE ETTINGER.

★ ★ ★

## 220

## BLINTZES

## BATTER FOR PANCAKES.

|  |                                    |
|--|------------------------------------|
| 3 Eggs                                   | 2 cups Water                       |
| Pinch of Salt, $1\frac{1}{2}$ cups Flour | $\frac{1}{2}$ teasp. Baking Powder |

**Method.**—Beat eggs and water well. Add flour sifted with salt and baking powder. Beat till smooth. Heat small frying pan well. Grease lightly with oil. Pour batter very thinly to coat bottom of pan. Cook till dry. Then invert pan on to brown paper. Place spoonful of filling on each; fold into envelope shape. Place in well-greased pie dish. Pack closely, dot with shortening and bake at 400° till golden brown. (These are crisper than when fried.)

## FILLINGS:

## CREAM CHEESE:

|                     |                                   |
|---------------------|-----------------------------------|
| 1 Egg, 1 lb. Cheese | Sugar to taste                    |
| Salt, Pepper        | Sour Cream to mix to smooth paste |

## MEAT:

**Ingredients.**—Use minced rib, chicken, lamb or steak, mixed with minced, fried onion, salt, pepper and chicken fat.

RAZELLE HIRSHOVITZ (Durban).

## 221

## LOKSHEN AND FARFEL

LOKSHEN: *Flour, 3 Eggs, 1 cup cold Water*

**Method.**—Make a well in centre of flour. Drop in eggs. Add water. Mix to a stiff dough, adding more flour if necessary. Roll out as thin as paper, allow to dry partly. Fold as for roll of material. Shred like lettuce, very fine for soups; about  $\frac{3}{8}$ " broad for puddings, etc. Lift high to allow rolls to open into strips. Complete drying. Store.

FARFEL (1):

**Method.**—Proceed as above, but do not roll. Break into large lumps for drying. When quite dry, grate on very fine grater. Store.

ANNIE SIMS.

FARFEL (2): **Quick and Novel**—Place 1 cup flour on board, make well. Break 1 egg into centre. Chop flour into egg from outer edge inwards until ingredients form farfel.

ESTHER GORDON.

★ ★ ★

## 222

## POTATO KUGEL (Pudding)

|                               |                         |
|-------------------------------|-------------------------|
| 6 Potatoes, 3 Eggs            | 6 ozs. melted Butter or |
| 1 cup Flour, 1 dessertp. Salt | Chicken Fat             |
| 1 heaped teasp. Baking Powder | Little grated Onion     |

**Method.**—Grate potatoes finely. Add all ingredients and place in greased pie-dish. Bake at  $400^{\circ}$  till firm and brown.

RAZELLE HIRSHOVITZ (Durban).

★ ★ ★

## 223

## TEIGLACH

|  |                            |
|--|----------------------------|
| 1 cup Honey, 1 cup Syrup               | 7 Eggs (take off 2 Whites) |
| 1 cup Sugar, $1\frac{1}{2}$ cups Water | 1 teasp. Ginger            |
| 2 cups Flour (approx.)                 | 2 tablesp. Salad Oil       |

**Method.**—Knead well together the flour, eggs, ginger and oil. Make into various shapes. Put honey, syrup, sugar and water into saucepan and bring to boil on hot stove. When mixture boils, drop in the teiglach and boil on high about 10 minutes, keeping pan airtight. Then switch stove to medium and boil another 10-15 minutes. Open lid of pan and stir occasionally for another 35 minutes. Remove from stove and pour  $\frac{3}{4}$  cup boiling water over teiglach. Stir quickly to loosen them. Sprinkle sugar generously over teiglach after placing on a wet board.

IVY MILLER.

VARIATION: When removing Teiglach from stove, substitute  $\frac{3}{4}$  cup boiling, fairly strong, strained black coffee for the water to be poured over the Teiglach.

ESTHER GORDON.

★ ★ ★

## 224

## BROWN TEIGLACH

|                            |                     |
|----------------------------|---------------------|
| 9 Eggs less 2 Whites       | 1 egg-cup Oil       |
| 4 cups Syrup               | 1 egg-cup Brandy    |
| 4 cups Sugar, 4 cups Water | 1 tablespoon Ginger |

**Method.**—Beat whites well and then mix with the beaten yolks. Add oil, brandy, and flour to make stiff dough. Cut to any desired shape, and fill with prunes and raisins. Boil sugar, syrup and water, put in teiglach, cover and boil for 25 minutes without lifting lid. After that, stir occasionally until teiglach get brown. Just before removing from stove, add the ginger. Place on wet board.

D. WEINER.

225

## WHITE TEIGLACH

**Method.**—Proceed exactly as for Brown Teiglach, but omit the syrup, and add 2 extra cups sugar. After boiling 25 minutes with lid on, stir occasionally until sugar binds (omit ginger), and place on wet board.

D. WEINER

★ ★ ★

226

## KICHLACH

|                |                   |
|----------------|-------------------|
| 6 Eggs         | 2 teasp. Sugar    |
| 1 tablesp. Oil | Pinch Salt, Flour |

**Method.**—Beat eggs, oil, sugar and salt well. Add sufficient flour to form soft dough. Roll out thinly and paint over lightly with a little oil. Sprinkle with little sugar. Cut in rounds or squares. For baking, do not use a biscuit tin. If using a coal stove, place kichlach directly in very hot oven and remove as soon as crisp and light brown (about 5 or six minutes). If using electric stove, remove tray which covers bottom element and place it a few rungs higher. Heat the oven to 500°. Place kichlach directly on to hot tray. Bake as above. After removing first lot, re-heat oven to 500° before inserting second lot.

BETTY ADLER.

★ ★ ★

227

## POMERANTZEN

|                           |                        |
|---------------------------|------------------------|
| 5 Grapefruit or Oranges   | ½ cup Orange Juice     |
| 5 cups Sugar, ½ cup Water | 3 tablesp. Icing Sugar |

**Method.**—Carefully peel skin off fruit in quarters. Cover skins with water and cook till soft. Cool, and cut off the thin yellow rind. Add sugar, water and orange juice, and cook for about ½ hour or till the sugar thickens. Place on wet board, mix icing sugar with the juice, beat up well, and pour mixture over the slices. Allow to cool overnight.

CELIA KIRSON.

★ ★ ★

228

## FLAUMEN TZIMAS (PRUNE TZIMAS)

|                          |                                 |
|--------------------------|---------------------------------|
| 2 lbs. of Brisket        | About 1 doz. Prunes             |
| 3 bunches of Carrots     | 1 tablesp. Flour, Pinch of Salt |
| 1 Turnip, 1 Parsnip      | 1 good tablespoon Syrup         |
| Small piece of Pumpkin   | 2 good tablespoons Sugar        |
| Small piece of Cabbage   | 1 very small Onion              |
| 1 Potato or Sweet Potato |                                 |

**Method.**—Put meat in a pot in enough boiling water to cover. Have vegetables scraped, peeled and washed. Cut carrots and parsnips in thin rounds, other vegetables in small pieces, but leave the onion whole. Put all in pot with meat and let it boil for a good four hours, having added the salt, and washed, or soaked prunes and continue boiling for another hour or more. Longer boiling improves it, but care must be taken to prevent burning. A little boiling water can be added from time to time when necessary. When done there must be practically no sauce left. To serve, take off prunes from top and remove meat. Remove superfluous fat, add syrup, flour and sugar, mix all up, place in vegetable dish, put prunes on top.

SARAH F. HERMER.

## 229

## WHITE TEIGLACH (Baked)

|                           |                    |
|---------------------------|--------------------|
| 5 Eggs, 3½ dessertsp. Oil | Pinch Salt         |
| 3 teasp. Baking Powder    | 1 dessertsp. Sugar |
| Little Ginger             | Flour to mix       |

**Method.**—Beat eggs separately very well. Add yolks to whites. Then add oil and dry ingredients. Make firm dough. Cut into squares and roll into shapes. Leave to rise for 1 hour. Bake in slow oven until light brown.

## SYRUP:

2 cups water; 3 cups sugar.

**Method.**—Bring to boiling point on quick fire. Put in teiglach and allow to cook for a long time. Shake in little ginger and dry well.

ANNE TOLLMAN (Durban)

★ ★ ★

## 230

## POTATO LATKES (Pancakes)

|                         |                                   |
|-------------------------|-----------------------------------|
| 3 medium-sized Potatoes | 2 Eggs                            |
| 5 tablesp. Flour        | ½ teasp. Sugar                    |
| 1 teasp. Baking Powder  | Small grated Onion (just a little |
| 1 teasp. Salt           | to flavour)                       |
| Dash of Pepper          | Oil for frying                    |

**Method.**—Grate potatoes and onion on fine side of grater. Add salt, pepper and sugar. Add beaten eggs. Add flour and baking powder. Fry in deep fat to which small piece of onion has been added, oil to be very hot. Put in oven to dry and crisp for about 5 minutes.

ANNE TOLLMAN (Durban)

★ ★ ★

## 231

## BEIGEL

**Ingredients.**—6 cups of flour; 1 dessertsp. sugar; 2 cups lukewarm water; 1 cake yeast; 1 dessertsp. salt; 1 egg-cup oil; 1 egg yolk.

**Method.**—Dissolve yeast in warm water, add to rest of ingredients, knead very well. Allow to rise. When dough has risen, roll out with hands into strips about  $\frac{3}{4}$ " diameter, and about 8" long. Fold each strip over hand and roll ends well together between palms. Leave to rise about 15 minutes. Drop a few at a time into large pot of boiling water, containing 1 heaped teaspoon sugar and  $\frac{1}{2}$  teaspoon salt. As they rise to top, remove with fish slice, on to greased preheated biscuit tin. Bake in very hot oven ( $450^\circ$ ) till golden brown.

ESTHER GORDON

★ ★ ★

## 232

## KICHLACH

|                |                                |
|----------------|--------------------------------|
| 3 cups Flour   | ½ teasp. Salt                  |
| 6 Eggs         | If desired a teaspoon of Sugar |
| 3 tablesp. Oil | may be added                   |

**Method.**—Remove whites of 3 eggs and beat up. Place flour in basin and make a well. Add salt, oil, 3 whole eggs, 3 yolks, and the beaten up egg whites.

Mix together and make a soft dough that can be rolled out thinly. Cut into rounds or other shapes. When kichlach are shaped, brush over lightly with oil. Sprinkle with sugar for sweet kichlach or with salt and pepper for savoury kichlach. Pass rolling pin lightly over shapes again. Prick all over with a fork. Oven should be hot, and baking pan should be heated before kichlach are placed on it. Bake until golden brown—about 8 to 10 minutes.

ANNIE SIMS.

## 233

## KREPLACH

## DOUGH:

2 cups Flour, 3 Eggs

1 tablespoon Water

## FILLING:

 $\frac{1}{2}$  lb. Rib

Onion

1 hard-boiled Egg

Salt and Pepper to taste

**Method.**—Mince cooked meat, hard boiled egg and onion. Make a dough stiff enough to roll, of the flour, eggs and water. Roll out thinly cut into small squares, put in little balls of minced meat, stick together well and let them dry for a little while. Cook in water for about a quarter of an hour, drain off the water and serve with soup.

CELIA KIRSON.

\* \* \*

## 234

## APRICOT PLETZLACH

2 lbs. dried Apricots

8 cups Sugar

**Method.**—Wash apricots well, soak overnight in warm water, simmer between 10 and 15 minutes, mince well, add sugar, cook for 25 minutes, place on wet board, and when dry cut into squares. Sprinkle little sugar on top.

CELIA KIRSON.

\* \* \*

## 235

## KELSEA PLUM PLETZLACH

2 lbs. Kelsea Plums

6 cups Sugar

**Method.**—Cover plums with water in fairly large pot. Soak for 24 hours. Put on to boil, watching carefully that fruit does not burn. When plums are quite dissolved, add sugar and, stirring all the time, boil for another 30 to 40 minutes. Jam should then start lifting from pot. Cool for a couple of minutes, and pour onto wet board; when set, cut into square blocks. Store in an open jar.

ANNE FONN.

\* \* \*

## 236

## MANDALACH

(To be used in clear soup, or for savouries)

2 Eggs

Water

Pinch Salt

Flour to mix

**Method.**—Beat eggs, salt and water together. Add flour to form a firm dough but not sticky. Knead well. Roll out on floured board. Cut into small diamond shapes and drop into boiling oil. Remove, drain off oil and sprinkle on salt while hot.

RAZELLE HIRSHOVITZ (Durban).

\* \* \*

## 237

## CHOPPED LIVER

 $\frac{1}{2}$  lb. Liver

Chicken Fat, Fried Onions

2 hard-boiled Eggs

Salt and Pepper

**Method.**—Bake liver till blood is drawn out; pour boiling water over it. Mince together the liver, onions and eggs. Add chicken fat, and salt and pepper to taste. Spread on a plate and decorate.

CELIA KIRSON.

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## PASSOVER DISHES

"Chag Saméach!" — "Happy Holiday"

**238**

### KNEIDLACH

|  |  |
|--|--|
| 3 Eggs; $\frac{1}{2}$ cup cold Water                   | Beares Matzo Meal                            |
| $\frac{1}{2}$ teasp. salt, $\frac{1}{4}$ teasp. Pepper | $\frac{1}{2}$ teasp. Cinnamon                |
| About 1 teasp. finely grated Onion                     | 2 tablesp. softened Fat (preferably poultry) |

**Method.**—Add all ingredients, except Matzo Meal to beaten yolks. Fold in whites, beaten stiff but not dry. Add Matzo Meal to absorb liquid mixture, to a light dropping consistency. Now add more seasoning to taste. Put into freezer of fridge for about  $\frac{1}{2}$  hour. Makes about 10 balls. Drop into boiling soup or water for about 20 minutes.

ANNIE SIMS.

★ ★ ★

**239**

### KNEIDLACH

|                        |                            |
|------------------------|----------------------------|
| 2 Eggs, Salt, Pepper   | Beares Matzo Meal          |
| 2 tablesp. Chicken Fat | Pinch Cinnamon             |
| 2 tablesp. Water       | $\frac{1}{2}$ teasp. Sugar |

**Method.**—Beat eggs until frothy, add water and fat, and beat again. Add seasoning and enough Matzo meal to form soft consistency. Leave for  $1\frac{1}{2}$  hours. Form small balls, boil in salted water with lid closed for 20 minutes.

ZELMA MEYEROWITZ (Paris).

★ ★ ★

**240**

### KNEIDLACH—Quick, simple

|                                 |                          |
|---------------------------------|--------------------------|
| To every Egg use 1 tablesp. Fat | Salt and Pepper to taste |
|                                 | Beares Matzo Meal        |

**Method.**—Beat eggs well. Add fat and seasoning; beat again. Add sufficient Matzo meal gradually to make mixture just firm enough to form into balls. Do not allow to stand. Boil in salted water, or in the soup, about 20 minutes, without removing lid.

VIOLET WITTERT.

★ ★ ★

**241**

### MATZO FRUIT LAYER PUDDING

In a Pyrex dish put alternate layers of Beares' Matzos and sliced pineapple and/or apples, ending with Matzo. Melt 2 tablesp. fat in 2 cups boiling water or soupstock. Add  $\frac{1}{2}$  teasp. salt,  $\frac{1}{4}$  teasp. cinnamon, 2 tablesp. sugar. Beat together with 2 beaten eggs. Pour this over Matzos, ensuring that liquid is sufficient to soak all Matzos. Bake in moderate oven about 20-30 minutes.

**Note.**—For "Milk" meal use 2 cups boiling milk, or milk and water, and 2 tablesp. butter.

HELEN ARON.

Notes

## 242

## CINNAMON BALLS (\*Parava)

|                                  |                          |
|----------------------------------|--------------------------|
| $\frac{1}{2}$ lb. Ground Almonds | 4 Egg Yolks, 1 Whole Egg |
| $\frac{1}{2}$ lb. Castor Sugar   | 1 teasp. Ground Ginger   |
| 1 tablesp. Beares Cake Meal      | 1 tablespoon Cinnamon    |

**Method.**—Beat yolks and whole egg together with sugar and other ingredients. Form into balls and bake. When ready, while still hot, roll in icing sugar.

Temperature: 450°.

Time: 5 minutes only.

VIOLET WITTERT.

★ ★ ★

## 243

## MATZO MILK PUDDING

|                      |                             |
|----------------------|-----------------------------|
| 3 Beares Matzos      | 3 Eggs, 2 tablesp. Sugar    |
| Lemon or Orange Rind | 1 cup Currants, 3 cups Milk |

**Method.**—Put into greased Pyrex dish alternate layers of buttered Matzos, broken up, and currants. Pour over this, beaten eggs mixed with remaining ingredients. Leave for  $\frac{1}{2}$  hour. Bake in moderate oven till set.

Make stiff meringue with 2 egg whites and 4 tablesp. sugar. Spread over pudding. Return to cool oven (200°) till golden brown.

DEBORAH MALKIN.

★ ★ ★

## 244

## ORANGE SPONGE CAKE

|                                |                             |
|--------------------------------|-----------------------------|
| 5 Eggs                         | 5 tablesp. Sugar            |
| 3 tablesp. Beares Potato Flour | 3 tablesp. Beares Cake Meal |
| 1 tablesp. Orange Juice        | 2 teasp. Orange Rind        |

**Method.**—Beat whites stiffly, adding yolks one at a time, mixing well after each addition. Stir in sugar gradually, beating well. Add juice and rind. Fold in dry ingredients. Bake in two sandwich tins.

Temperature: 400°.

Time: About 15-20 mins.

## ORANGE FILLING:

|  |  |
|--|--|
| $\frac{1}{4}$ cup Sugar, 1 Egg Yolk    | 2 teasp. Butter, $\frac{1}{4}$ teasp. Salt |
| $\frac{1}{2}$ cup Orange Juice         | 1 teasp. Lemon Juice                       |
| 1 $\frac{1}{2}$ tablesp. Beares Potato | 2 teasp. grated Orange Rind                |
| Flour                                  |  |

**Method.**—Put sugar, flour, salt in top of double boiler and mix well. Add juice and rind, butter and yolk; cook until thick and smooth. Remove from fire and add lemon juice.

BECKY MYERS.

★ ★ ★

## 245

## ALMOND CRISPS

|                           |                            |
|---------------------------|----------------------------|
| 6 ozs. Beares Matzo Meal  | 1 Egg; 4 oz. Butter        |
| 3 oz. Beares Potato Flour | Pinch of Salt; 1 oz. Sugar |
| 2 tablesp. ground Almonds | 1 oz. Castor Sugar         |

**Method.**—Rub butter finely through all dry ingredients. Add beaten egg. If too dry add a very little water. Roll into small balls with moistened hands. Flatten. Score with fork. Decorate with nuts, cinnamon and castor sugar, etc., or leave plain. Bake on greased sheet in moderate oven to golden brown. Handle with care as biscuits are very crisp.

GERTRUDE HARVEY COHEN.

**246****PESACH BISCUITS (\*Parava)**

|                       |                    |
|-----------------------|--------------------|
| 4 ozs. Ground Almonds | 1 teaspp. Cinnamon |
| 4 ozs. Sugar          | 3 Egg Whites       |

**Method.**—Beat whites until stiff; add sugar and beat. Add almonds and cinnamon. Beat again until mixture is stiff. Drop teaspoonsful on to sheet of greaseproof paper and bake.

Temperature: 350°. Time: Until set.

BLANCHE ABRAHAMS.

★ ★ ★

**247****MACAROONS (\*Parava)**

|                 |                                |
|-----------------|--------------------------------|
| 2 cups Cocoanut | 2 tablesp. Beares Potato Flour |
| 1 cup Sugar     | 3 Eggs                         |

**Method.**—Beat whites stiffly; add sugar; whip again. Add flour; steam over pot of boiling water for 10-12 minutes, stirring constantly. Take off; add 2 cups cocoanut. Whip yolks and add to mixture. Form into small cones and place on greased baking sheet.

Temperature: 350°. Time: About 10 mins.

ANNE TOLLMAN (Durban.)

★ ★ ★

**248****CAULIFLOWER FRITTERS (Vegetarian Dish)**

|                               |                              |
|-------------------------------|------------------------------|
| 1 medium Cauliflower          | 4 tablesp. Beares Matzo Meal |
| Little Pepper, 1 teaspp. Salt | 1 Egg; Butter or Oil         |

**Method.**—Boil cauliflower till soft. Drain; mash well. Add rest of ingredients. Make fritters. Roll in meal. Fry till brown in butter or oil. Drain on brown paper.

RAZELLE HIRSHOVITZ (Durban.)

★ ★ ★

**249****GESCHMIRTE MATZOS**

Dip Matzos carefully in milk to moisten slightly, but not to soften. Spread thickly with Cheese Mixture (see Recipes No. 128 or 140, substituting Beares Potato Flour for Custard Powder or Flour). Sprinkle over with cinnamon and sugar. Bake in moderate oven till lightly set. Cut required sizes while warm.

VIOLET AND GERTRUDE.

★ ★ ★

**250****PASSOVER SPONGE CAKE (\*Parava)**

|                                     |                                |
|-------------------------------------|--------------------------------|
| 5 Eggs, 5 tablesp. Sugar            | 2 tablesp. Beares Cake Meal    |
| Juice of $\frac{1}{2}$ medium Lemon | 3 tablesp. Beares Potato Flour |

**Method.**—Beat eggs and sugar until very stiff. Fold in remaining ingredients and mix slowly. Bake in tin greased with oil.

Temperature: 350°. Time: 30-35 minutes.

Note:—Do not open oven while baking.

MIRIAM BRENER.

★ ★ ★

**251****PASSOVER MUFFINS**

|                                   |   |
|-----------------------------------|---|
| 2 cups Beares Matzo Meal          | $\frac{1}{2}$ cup melted Butter, 4 Eggs |
| $1\frac{1}{2}$ cups boiling Water | Teasp. Salt, 2 tablesp. Sugar           |

**Method.**—Dissolve salt and sugar in water; pour over meal. Mix well. Leave for 5 minutes. Add butter and eggs; mix thoroughly. Form into patties  $2\frac{1}{2}$ " across and  $\frac{3}{4}$ " thick and bake (makes 12).

Temperature: 450-500°. Time: Till brown

Notes

Notes

**252****PESACH MEAT BLINTZES**

*3 Eggs, 2 cups Water      1 cup Beares Cake Meal  
*3/4 cup Beares Potato Flour      Pinch of Salt**

**Method.**—Sift dry ingredients. Add to beaten eggs. Use water to make a smooth batter. Grease heated pan lightly with fat; pour batter thinly to cover base of pan. When dry, turn out onto a cloth. Grease pan for each pancake. Put a little meat filling (Recipe 220) onto each pancake, fold into envelope shape and fry.

CELIA KIRSON.

★ ★ ★

**253****MATZO SPICE CAKE (\*Parava)**

*3 tablesp. Beares Fine Meal      1/2 tablesp. ground Ginger  
*1/4 tablesp. ground Cloves      1/2 tablesp. Cinnamon  
*6 Eggs      6 tablesp. Sugar***

**Method.**—Sift all dry ingredients 4 times. Beat yolks with sugar until thick and fold in dry ingredients. Fold in stiffly beaten whites. Pour mixture into lightly greased pan and bake in slow oven until a toothpick inserted will come out dry.

★ ★ ★

**254****STEAMED PUDDING (\*Parava)**

*1 1/2 cups Beares Matzo Meal      2 Eggs, 1 tablesp. Honey  
*2 tablespoons Sugar      4 oz. Shortening  
*1 teaspoon Cinnamon      2 ozs. Sultanas  
*2 ozs. Currants, 2 ozs. Dates      Little water if necessary****

**Method.**—Brown the matzo meal. Cut up the shortening and add. Then add all the fruits and seasoning. Beat the eggs well and mix in to a stiff mixture. Add a little water if necessary. Steam for 2 1/2 hours. Serve with wine sauce.

HEDA MACHLUP.

★ ★ ★

**255****PASSOVER NUT CAKE (\*Parava)**

*1/2 lb. Hazel Nuts      1 cup Sugar, 6 Eggs*

**Method.**—Beat the sugar and yolks well, add minced nuts, mix well, fold in stiffly beaten whites and pour into lined and greased tin. Temperature: 325-350°. Time: 1/2 to 3/4 hour.

DEBORAH MALKIN.

★ ★ ★

**256****PASSOVER BISCUITS**

*1/4 lb. Butter, 3/4 tea cup Sugar      1 heaped tablesp. ground  
*2 tea cups Beares Cake Meal      Almonds; 1 tablesp. Cream**

**Method.**—Knead all ingredients well together as you do for shortbread. Roll dough into small balls and flatten slightly by pressing a nut on top. Temperature: 450°. Time: 10-15 minutes.

JANE BERGHAUS.

★ ★ ★

**257****ALMOND BISCUITS (\*Parava)**

*2 Egg Whites      2 tablesp. Ground Almonds  
*4 tablesp. Sugar**

**Method.**—Beat egg whites very well. Add sugar gradually; beat thoroughly to form stiff meringue. Add ground almonds. Place teaspoonsful on greased pan.

Temperature: 250-300°. Time: Till set.

ANNE TOLLMAN (Durban.)

THIS PAGE CONTRIBUTED BY LUCY FRIEDLANDER

Notes

258

## PASSOVER UP-SIDE-DOWN CAKE (\*Parava)

|  |                                |
|--|--------------------------------|
| 1 Pineapple, cut in rings                      | 2 tablesp. Sugar               |
| $\frac{1}{2}$ cup chopped Walnuts              | 1 tablesp. Beares Potato Flour |
| 3 soaked Prunes                                | 1 tablesp. Beares Cake Meal    |
| $\frac{1}{2}$ cup Sugar, $\frac{1}{4}$ cup Oil | 3 Eggs, Salt                   |

**Method.**—In a round, sandwich-cake tin, pour the oil, and sprinkle the  $\frac{1}{2}$  cup sugar over it. Over this, arrange the pineapple rings, place a small round of prune in centre of each, and sprinkle nuts over all empty spaces and the rings.

Beat eggs and the 2 tablespoons sugar till light and foamy, fold in sifted flours and salt, pour into tin and bake. While hot, turn out on to serving plate, bottom side up.

Temperature: 400°. Time:  $\frac{1}{2}$  hour.

Note.—Apple Rings can be substituted for Pineapple.

Note.—This can be used as a cake or a pudding.

★ ★ ★

259

## PASSOVER PRUNE CAKE (\*Parava)

PART 1:

|                  |                                |
|------------------|--------------------------------|
| 3 Eggs           | 1 tablesp. Beares Potato Flour |
| 3 tablesp. Sugar | 2 tablesp. Beares Cake Meal    |

**Method.**—Beat eggs and sugar till light and creamy. Fold in sifted flours. Bake in swiss-roll tin 1" high.

Temperature: 400°. Time: 10 minutes.

PART 2:

|                           |                                |
|---------------------------|--------------------------------|
| Juice and Rind of 1 Lemon | 1 tablesp. Beares Potato Flour |
| Blanched Almonds          | 2 tablesp. Sugar               |
| Stewed Prunes             | $\frac{1}{2}$ pint Water       |

**Method.**—Turn the baked sponge cake on to serving plate. Arrange halved stewed prunes in neat rows on top, with a row of almonds between each row of prunes. Mix potato flour with liquids, sugar and rind, bring to boil, and boil for five minutes, stirring all the time. Cool slightly, then spoon over the prunes and nuts, and allow to cool. Serve as a pudding.

★ ★ ★

260

## PASSOVER DATE &amp; NUT SQUARES (\*Parava)

|  |                                |
|--|--------------------------------|
| $2\frac{1}{2}$ heaped tablesp. Beares Potato Flour | 3 Eggs, Salt, 4 tablesp. Sugar |
| $2\frac{1}{2}$ heaped tablesp. Beares Cake Meal    | 1 cup chopped Dates            |

**Method.**—Beat yolks, sugar and salt till creamy and smooth. Add sifted flours. Mix in nuts and dates; fold in stiffly beaten whites. Spread on small greased swiss-roll tin and bake. Cut in squares while hot.

Temperature: 415°. Time: 15-20 minutes.

Note.—These are delicious. 5 heaped tablesp. flour can be substituted for potato flour and cake meal, for ordinary use during the year.

\*For meaning of "Parava" see "Useful Cooking Terms"

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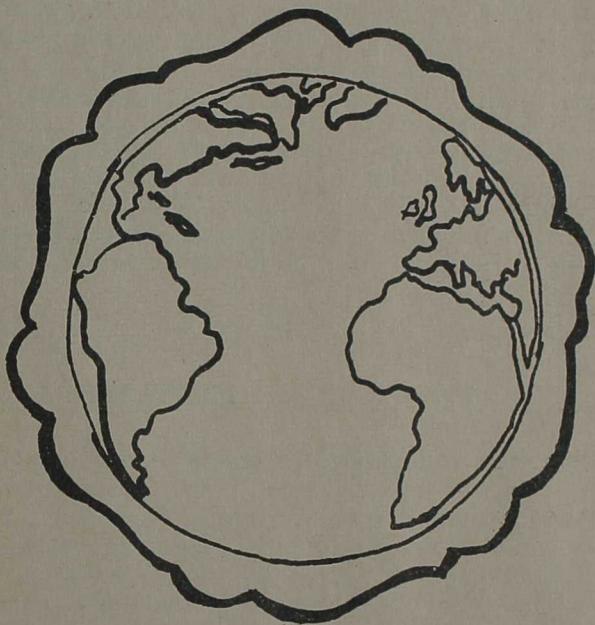
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# INTERNATIONAL SECTION



*This section has been compiled through the courtesy of members of the Diplomatic and Consular Corps of many of the countries represented in South Africa. Where necessary, some of the recipes have been adjusted, with the permission of the contributors, to conform to the requirements of the Kosher Kitchen.*

*The omission of certain countries is due to the fact that their representatives were absent during the period of compilation of this particular section during 1954.*

*The compilers place on record their sincere appreciation for the co-operation received from the contributors to this section.*

# AMERICA

MRS. W. J. GALLMAN, U.S.A.

(c/o. American Embassy)

261

## CHOCOLATE CHIP COOKIES

**Ingredients.**—One cup shortening; 1 cup brown sugar;  $\frac{1}{2}$  cup granulated sugar; 2 well-beaten eggs; 1 teaspoon vanilla; 2 cups flour; 2 teaspoons baking powder;  $\frac{1}{4}$  teaspoon salt; 1 package chocolate tidbits (substitute with 6 ozs. plain chocolate);  $\frac{1}{2}$  cup finely chopped nuts.

**Method.**—Cream shortening and sugar. Add well-beaten eggs, vanilla, mixed and sifted dry ingredients, tidbits and nuts. Drop by spoonful on lightly greased cookie sheet and bake 10 to 12 minutes in 375° oven. Remove from sheet to wire cooler with spatula.

Ed. Note.—A little more flour may be added if necessary.



262

## FRIED CHICKEN MARYLAND

**Method.**—Joint a young frying chicken (about 2½ to 3 lbs in weight). Wash and dry and roll each piece in seasoned flour made by adding 1½ teasp. salt and  $\frac{1}{2}$  teasp. pepper to every 3 tablesp. of flour. Melt chicken fat or oil in a frying pan. When fat is hot, place in it the pieces of floured chicken and sprinkle with salt and pepper. Brown evenly on all sides. Reduce heat, tightly cover frying pan and continue to sauté slowly until meat is tender—about 25-30 min. If not yet tender, add a little hot water, re-cover and simmer until tender.

Make gravy by adding flour (1 tablesp. for every tablesp. of fat) to the fat in the pan. Stir until smooth. Add water, stirring constantly until mixture thickens. Season with salt, pepper, celery salt, and mixed herbs.



263

## PUMPKIN PIE

**Ingredients.**—1 cup baked pureed pumpkin (or squash);  $\frac{1}{4}$  cup sugar;  $\frac{1}{2}$  teaspoon salt;  $\frac{1}{4}$  teaspoon mace;  $\frac{1}{4}$  teaspoon cinnamon;  $\frac{1}{2}$  teaspoon vanilla;  $\frac{1}{2}$  teaspoon cloves (ground);  $\frac{1}{4}$  teaspoon ginger; 2 beaten eggs;  $\frac{1}{2}$  cup milk;  $\frac{1}{2}$  cup cream.

**Method.**—Mix dry ingredients. Add pumpkin, eggs, milk and cream gradually. Pour into pie plate lined with plain pastry. Bake for 15 minutes in a hot (475°) oven, and for 25 minutes in a moderate (350°) oven. Serve with sweetened whipped cream.

---

# ARGENTINE

**MRS. J. J. GONZALES ARIGOS**

(c/o. Argentina Legation)

**264**

## "HUMITA EN CHALA"

**Method.**—Fry in 2 tablesp. of fat 2 finely minced onions, 2 tomatoes, 2 peppers, pepper, salt and a good dash of cayenne pepper. Now remove the corn from about a dozen and a half mealies, add milk, sugar and cinnamon, and mix together with the fried onions, etc. Cook till mealies are tender, adding more milk if necessary, sufficient to provide enough liquid in which to cook the mealies. Remove from the fire and beat well into a thick paste.

Take 2 leaves from the mealies, place in opposite directions, and put 2 tablesp. of the paste in the centre, fold over and secure with corn husk threads. Make sufficient rolls to use up all the paste. Cook for 2 hours in a deep saucepan with plenty of water. To serve, drain off the water and bring to table in the leaf coverings.

★ ★ ★

**265**

## SWEET POTATO JAM

**Method.**—Cook sweet potatoes, then remove skins. If they are large, cut into pieces or chunks. Prepare a syrup as follows: To 2 lbs. 3 ozs. of potatoes use 2 lbs. 12 ozs. of sugar. When the syrup boils add the potatoes and cook gently together until the mixture turns golden in colour.

★ ★ ★

**266**

## ARGENTINE "PUCHERO"

(The best known soup made in the Argentine)

**Method.**—Half fill a large saucepan with water, and before it comes to the boil add salt, about 1 lb. meat, well washed and cut into small pieces, 1 chicken and some sausages. Boil for some time, skim, then add a piece of cabbage, a piece of squash (or pumpkin), a few each potatoes, sweet potatoes, carrots, a sprig of parsley, piece of celery, 1 onion (whole), 1 green pepper; then boil all together again, skimming occasionally.

To serve, remove meat and vegetables and place in a dish. The strained soup should be returned to the fire in a large saucepan. Now add about  $\frac{1}{4}$  cup very small beans previously boiled in salted water and some rice or vermicelli. Boil all together, then serve with finely chopped parsley and green peppers. The chicken, meat, sausages and remaining vegetables can be seasoned to taste, dressed with any desired sauce and served as the next course.

# AUSTRALIA

**MRS. K. T. KELLY**

(c/o. Office of the High Commissioner for Australia)

**267**

## GRAPEFRUIT WITH GINGER

**Method.**—Wash and dry grapefruit, cut into halves. Loosen fruit from skin around edges, remove centre pith and seeds. Break up pulp slightly with a fork without removing from the skin. To each half add  $\frac{1}{2}$  to 1 teasp. sugar, 1 teasp. desiccated cocoanut, 1 dessertsp. finely chopped preserved ginger in syrup, and 1 dessertsp. ginger syrup. Place in covered dish and chill before serving.

★ ★ ★

**268**

## SALMON & PICKLE LOAF

**Ingredients.**—One can (1 lb.) salmon (or any tasty tinned fish);  $\frac{3}{4}$  cup breadcrumbs;  $\frac{3}{4}$  cup milk;  $\frac{1}{2}$  cup coarsely chopped sweet gherkins; 2 eggs;  $1\frac{1}{2}$  teaspoons salt;  $1\frac{1}{2}$  tablespoons melted butter; 1 teaspoon minced onion;  $1\frac{1}{2}$  cups medium white sauce; 2 hard boiled eggs, sliced; 6 stuffed olives, sliced.

**Method.**—Flake salmon, add crumbs, milk, gherkins, eggs, salt and melted butter. Mix well. Pack into greased loaf pan. Set in shallow pan of hot water and bake in moderate oven about 30 minutes or until loaf becomes firm.

Turn out on to hot platter. Add onion to white sauce and pour over loaf. Arrange egg slices on top with olive slice on top of each egg slice. Serve hot. Sufficient for 6 portions.

★ ★ ★

**269**

## PASTIES (6-7 Pasties)

### SHORT CRUST PASTRY

**Ingredients.**—8 ozs. flour; 4 ozs. fat; good pinch salt; cold water to mix.

**Method.**—Sift flour and salt in cold basin. Rub in fat with tips of fingers until mixture looks like breadcrumbs. Mix with a knife into a stiff paste using cold water.

### FILLING:

**Ingredients.**— $\frac{3}{4}$  lb. lean steak;  $\frac{1}{2}$  lb. potatoes; 1 small onion; seasoning.

**Method.**—Shred onion finely. Beat steak well and cut into small pieces. Dice potatoes. Roll out pastry fairly thick and cut in rounds (size of a small plate). Put a tablesp. seasoned mixture on each round. Damp edges; fold over and pinch edges together. Make two or three cuts across top with a knife, brush over with egg and bake in moderate oven  $\frac{3}{4}$  to 1 hour.

---

GERTRUDE HARVEY COHEN.

# AUSTRIA

MRS. MAYR-HARTING

(c/o. Austrian Consulate-General)

270

## SACHERTORTE—TORTE A LA SACHER

**Ingredients.**—Approx. 5 ozs. butter; approx.  $5\frac{1}{2}$  ozs. sugar; approx.  $6\frac{1}{4}$  ozs. chocolate; 8 yolks of eggs; 10 whites of eggs;  $4\frac{1}{4}$  ozs. flour; 7 ozs. icing sugar;  $\frac{3}{10}$  of a pint of water; 7 ozs. chocolate.

**Method.**—Cream butter thoroughly, then cream with the sugar. Add softened chocolate, beat in yolks, one at a time. Lastly add beaten-up whites and the flour to form a batter. Grease baking mould with butter and dust with flour. Fill with the batter and bake slowly for  $1\frac{1}{2}$  hours. Turn out on a cooler and immediately afterwards back on to another cooler so that it is now lying in its original position. As soon as cool, or next day, level it with a sharp knife, turn it over, spread with some apricot jam and cover with chocolate icing.

**Chocolate Icing.**—Allow sugar to boil with water until it spins a thread. Stir in quickly the softened chocolate, let it boil a few seconds and pour it over the tart. It is essential to use the best chocolate and ingredients.



271

## HUSARENKRAPFERL

**Ingredients.**— $\frac{1}{2}$  lb. flour; 5 ozs. butter; 3 ozs. icing sugar; 2 egg yolks.

**Method.**—Sift flour on to wooden board and rub in butter with fingers, taking care the butter does not get too soft. Add sifted icing sugar and yolks. Knead well, working quickly. Leave dough for  $\frac{1}{2}$  hour in cold place. Form balls the size of a walnut, press a small hollow in middle of each, flattening slightly, and brush over with slightly beaten egg white. Sprinkle with coarsely chopped blanched almonds mixed with a little sugar. Place on ungreased baking sheet and bake at  $300^{\circ}$  about half an hour, until the colour of light rolls (not brown). When cold, fill each hollow with a little jam.



272

## SEMMELPUDDING

**Ingredients.**—3 ozs. butter; 3 eggs, separated; less than 1 pint milk; flour; 2 oz. white bread (or rolls); pinch salt.

**Method.**—Cream butter well, add yolks, one at a time, beating after each addition. Add alternately milk and enough flour to form a thinly running batter, stirring constantly until almost a pint of milk has been used. Cut bread or rolls into  $\frac{1}{2}$  in. cubes, fry in butter till crisp, and add them to the batter. Fold in well-beaten whites with pinch of salt. Mix well. Grease a pudding mould and sprinkle with flour. Pour in mixture and place mould in boiling water to half its height. Steam for  $\frac{3}{4}$  of an hour. When unmoulded, pour hot melted butter over the top.

# BELGIUM

MRS. J. M. C. VAN RICKSTAL

(c/o. Belgian Embassy)

**273**

## WATERZOOIE À LA GANTOISE

This dish is usually cooked in a large earthenware or cast-iron pot, and is served from the pot.

**Method.**—Cut a chicken into required number of portions. Bring to boil, about 2 lbs. vegetables (carrots, celery, green peas, beans, cut potatoes, onions, leeks, parsley), 3 bay leaves, 4 cloves and a little thyme in 2 quarts water. When boiling, add  $\frac{1}{2}$  a lemon, thinly sliced, and the chicken. Cover with an airtight lid, and cook slowly for  $2\frac{1}{2}$  hours, seeing there is always sufficient water. Shortly before serving, add a little finely chopped parsley and spring onions, and bring again to the boil. Serve with a very dry harsh red wine as an accompanying drink.

Waterzooie Parties are always a great success. Fruit Tarts are an excellent conclusion to this Flemish meal.



**274**

## HOCHEPOT

**Method.**—Cut 3 lbs. lean brisket or boiling beef into portions. Bring to the boil in 4 quarts water, about 2 lbs. vegetables (carrots, celery, tomatoes, turnips, beetroots, green peas, beans, sliced potatoes, onions, leeks, parsley), 3 bay leaves and 4 cloves. Add the meat, cover with a very airtight lid, simmer for  $2\frac{1}{2}$  hours, and serve the lot together from the pot.



**275**

## FLEMISH BEEF STEW

**Method.**—Fry 1 thinly sliced onion in some fat or oil, then add 2 lbs sliced flank of beef, dredged in flour, and fry till golden brown all round. Add 2 tomatoes, cut in quarters, 1 bay leaf, thyme, pepper, salt, nutmeg, and 1 glass of light beer. Cover with water, and braise for  $2\frac{1}{2}$  hours.

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# CHINA

MRS. LIANG

(c/o. Chinese Consulate-General)

276

## PINEAPPLE & GINGER DUCK

(Po Lo Chiang Ya Tzu)

**Ingredients.**—1 Spring duck (about 3 lbs.); 1 small tin pineapples, 6 pieces ginger (tinned); 1 teasp. salt.

**Method.**—Steam the whole duck for  $2\frac{1}{2}$  hours, then remove it and allow to cool. Cut up into large slices and arrange these in the centre of a big dish. Cut the pineapple and ginger into thick slices and arrange them alternately round the duck.

**Sauce.**— $1\frac{1}{2}$  teasp. cornflour; 1 cup tinned pineapple juice;  $\frac{1}{2}$  cup tinned ginger juice.

Heat the pineapple and ginger juices in a frying pan. Add the cornflour mixed with a little cold water to thicken juices. Pour sauce on top of the duck before serving.

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277

## EGG FOO YUNG

**Method.**— $\frac{1}{2}$  cup finely chopped any roasted meat,  $\frac{1}{2}$  cup shredded onions,  $\frac{1}{4}$  cup sliced water chestnuts; 1 cup bean sprouts. Beat 5 eggs with the other ingredients to a thick consistency. Divide into six portions, mould into a soup ladle or cup and pour carefully into a shallow pan of hot frying fat or oil. Brown on both sides. Serves 3.

MRS. LICHAO (China).  
1950.

★ ★ ★

278

## CHICKEN CHOP SUEY AND NOODLES

**Method.**—Remove skin, bones and gristle from 3 lb. chicken. Cut meat in pieces, fry in hot greased skillet, using olive or peanut oil. When brown, add 3 stalks thinly sliced celery, and 1 cup stock from giblets, bones, etc. Cook 10 minutes, add 1 doz. sliced white mushrooms. Add gravy (or thicken with 1 tablesp. cornstarch and little cold water). Add salt and pepper to taste.

Mould hot fried noodles on a plate, and cover with chop suey. Garnish with lettuce and sliced hard-boiled eggs. Sprinkle with chopped nuts to add the occidental effect. Serve hot, with Chinese sauce and pepper to taste.

MRS. LICHAO (China).  
1950.

★ ★ ★

279

## RICE DE LUXE

**Ingredients.**—1 cup rice (cleaned and well dried),  $\frac{1}{4}$  cup nuts (preferably cashew),  $\frac{1}{4}$  cup raisins, 2 cups stock, salt, pepper, and cinnamon to taste, 1 small onion.

**Method.**—Brown onion in butter, oil or fat; add rice; brown for 10 mins., stirring constantly. Remove from heat, add seasoning, chopped nuts, raisins and stock. Place in uncovered pyrex dish, and bake 35-40 mins. at  $400^{\circ}$ .

HANNY SEEFF.

# FRANCE

MRS. A. GAZEL

(c/o. French Embassy)

**280**

## CREME DUBARRY

**Method.**—Boil about 20 ozs. cauliflower and 12 ozs. potatoes in salted water. Drain and mash through a very fine sieve. Add about  $\frac{3}{4}$ -1 pint milk and a tablespoon of flour. Bring slowly to boil while stirring. Then remove from stove, and add 2 beaten egg yolks and about  $\frac{1}{2}$  pint cream (more, or less, as desired, as this is a very thick, rich creamy soup). Reheat, but it is important that the eggs and cream are smoothly blended in, but must not be allowed to boil. Add a little butter and finely chopped parsley. Serve with small cauliflower heads floating in the soup, and fried croutons served separately.

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**281**

## FILET DE SOLE AIGLON

**Method.**—Fold fillets in two. Add finely chopped shallots (or young thin spring onions), season, and poach in small amount of milk, just till cooked (about 6-7 mins.). Make a thick white sauce, and mix with chopped mushrooms. Place some of this mushroom puree in a greased Pyrex dish, add the cooked fillets, cover with the rest of the mushroom puree, and place under hot grill until lightly browned.

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**282**

## POULET (CHICKEN) SAUTE MARENCO

**Method.**—Cut chicken in portions, dredge with flour and salt, and brown in hot oil. Add coarsely chopped onions, and continue frying until brown. Add a clove of garlic and pour over about 2 glasses of dry white wine or less to taste. Then add 8-9 ozs. seeded sliced tomatoes, about 5-6 ozs. mushrooms, salt, pepper, and a "bouquet garni." Cook for  $\frac{3}{4}$  hour or until tender, and arrange on a round platter. Garnish with fried eggs, fried croutons, and chopped parsley. ("Bouquet Garni," See "Flavours and Fragrances.")

★ ★ ★

**283**

## BABA AU RHUM

**Method.**—Place 17-18 ozs. flour in bowl. Make a well, and pour in yeast mixture (made with 1 oz. yeast mixed with little milk and small quantity flour). Allow yeast to rise  $\frac{1}{4}$  hour, then add  $\frac{1}{2}$  teasp. salt,  $1\frac{3}{4}$  ozs. sugar, 5 whole eggs, and work these ingredients into a dough, until it is quite supple. Pour  $5\frac{1}{2}$  ozs. **cold melted** butter all over the dough, and leave to rise for 2 hours. Knead again and place in greased moulds (size of custard cups or small timbales). Fill only half-way, and leave to rise till double its bulk. Bake in hot oven ( $450^{\circ}$ ) for 25 mins. Remove from moulds, and soak in syrup (made by boiling  $1\frac{3}{4}$  pints water with 17-18 ozs. sugar) for 5-10 mins. Place in a dish and pour over a generous quantity of rum. Garnish with Creme Chantilly (cream whipped with sugar and vanilla).

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# GREECE

MRS. P. ECONOMOU-GOURAS  
(c/o. Greek Legation)

284

## KOURABIEDES (BUTTER COOKIES)

This is a celebrated Greek dessert for New Year's Day. It is traditional for that holiday, just like the English Christmas Pudding.

**Ingredients.**—2 lbs. flour; 2 cups sweet butter;  $\frac{1}{2}$  cup sugar; 2 egg yolks, 1 teaspoon baking powder; 1 small glass brandy; 1 teaspoon vanilla; 1 teaspoon cloves; 1 lb. icing sugar.

**Method.**—Cream butter with sugar in a large bowl, by working with a wooden spoon for 10-15 minutes. (If butter is too hard, let it stand a little near the fire before using). Add the egg yolks, brandy, sifted flour and baking powder, and vanilla. Knead well by hand to form a stiff dough. If the dough requires more liquid, add a few drops of brandy. If it is too soft, add a little flour. Mix well and shape into small balls, or cut to any desired shape with a cookie cutter to a  $\frac{1}{4}$ " thickness. Insert a clove in the centre of each cookie. (For easier shaping, let dough be chilled). Line the Kourabiedes in a greased baking pan and bake in a moderate oven for 20 minutes. When cool, remove carefully to a large platter in layers. Dust each layer generously with icing sugar and pile the layers to form a mound.

Kourabiedes stay fresh for 2-3 weeks. Almonds may be added to the dough. They must first be baked in a moderate oven until they acquire a golden colour, and then finely chopped.

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285

## MELOMACARONA

Like the Kourabiedes, this is also an indispensable dessert or cookie in Greek homes on New Year's Day.

**Ingredients.**—4 cups farina; 2 cups olive oil; 1 cup honey;  $\frac{1}{2}$  cup castor sugar; 2 small glasses brandy; 1 orange (juice); 1 teaspoon grated orange rind;  $\frac{1}{2}$  teaspoon cinnamon;  $\frac{1}{2}$  teaspoon cloves; 2 teaspoons baking powder.

SYRUP:

**Ingredients.**—1 cup honey; 1 cup sugar; 2 cups of water; 1 cup chopped walnuts.

**Method**—Work farina with oil until creamy. Add sugar, lukewarm honey and the remaining ingredients. Mix well for 15-20 minutes. Add a little more brandy if dough is too stiff, or add a little farina if dough is too soft. Roll with the hands into the size of an egg, flattening a little on one side. Place on a baking pan, and make a design, cross-wise, with a fork. Bake in a moderate oven for 20-22 minutes.

Meanwhile, boil the syrup ingredients, and as soon as the cookies are ready dip each one carefully into the hot syrup for 2-3 minutes. Drain and arrange on a platter. If syrup gets cold, warm it again. Pour the remaining syrup over the cookies on the platter. Sprinkle with chopped nuts.

**Note.**—Semolina can be substituted for farina.

## GREECE

Continued.

286

### DOLMADES

#### Vine Leaves Stuffed with Minced Meat

**Ingredients**.—1 lb. minced meat; 50 vine leaves;  $\frac{1}{2}$  cup rice; 2 chopped onions; 3 tablespoons fat;  $\frac{1}{2}$  cup chopped parsley and aniseed;  $\frac{1}{4}$  teaspoon pepper; 2 teaspoons salt.

**Method**.—Combine meat, rice, parsley, aniseed, pepper, salt and chopped onions. In the meantime, rinse and drain vine leaves, line-up on a board and start filling in this manner:

Take each leaf with the smooth, shiny surface on the outside. If the leaves are too small, use two at a time. Place a teaspoon of filling in the centre of each leaf. Fold like an envelope and roll lightly to allow for the puffing of the rice. Place leaf balls side by side in layers in a covered saucepan. Add 2 cups water, fat and salt. Press with a plate and simmer for 30-40 minutes.

Serve hot with egg and lemon sauce. (Recipe below):

#### EGG AND LEMON SAUCE:

**Ingredients**.—3 eggs; 1 lemon (juice); 1 teaspoon cornstarch; salt and pepper.

**Method**.—Beat eggs; add cornstarch diluted with a little water. Add lemon juice, pepper and salt. Gradually add to it the meat stock and return to saucepan containing the leaf balls.

Or, cook sauce separately in a small saucepan stirring constantly for a few minutes until sauce thickens. Carefully serve the leaf balls on a platter and pour the hot sauce on top.

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# HOLLAND

MRS. J. VAN DER BERG  
(c/o. Netherlands Embassy)

287

## BOTTERHAMKOEK (Bread and Butter Cake)

This is one of the great national Dutch cakes or "sweet" breads.

**Ingredients.**—1 lb. flour or wholemeal flour;  $\frac{3}{4}$  cup syrup; 3 ozs. brown sugar;  $\frac{1}{2}$  pint milk; 2 teaspoons aniseed (optional) 1 teaspoon cinnamon;  $\frac{1}{2}$  teaspoon nutmeg; 3 teaspoons baking powder; 1 teaspoon ginger.

**Method.**—Mix all dry ingredients in a basin. Mix syrup with milk, and add gradually to dry ingredients, working into a firm dough. This should be done somewhat quickly. Put mixture in a well greased sandwich loaf tin, and bake for 1 to  $1\frac{1}{2}$  hours in a moderate oven. Let stand till quite cool. Should it be a little hard, keep in bread tin with other breads before using.

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288

## POFFERTJES (Fritters)

These delicious little fritters are one of the features at Dutch fairs, and are eaten piping hot, with melted butter and sugar.

**Ingredients.**— $\frac{1}{2}$  lb. flour; 2 ozs. butter;  $\frac{1}{2}$  oz. or a little less of yeast; just over  $\frac{1}{2}$  pint warm milk; 1 teaspoon sugar or 1 oz. syrup; a pinch of salt.

**Method.**—Dissolve yeast in warm milk, and make into a dough with the flour, sugar or syrup, and salt. Warm small patty tins. Pour a little melted butter in each, and half fill each with the mixture. Bake in a quick oven and serve immediately with butter and sugar.

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289

## OLIEBOLLEN (Fried Dumplings)

This is another typical Dutch sweet.

**Ingredients.**— $\frac{1}{2}$  lb. flour;  $\frac{1}{2}$  oz. yeast; just under  $\frac{1}{2}$  pint lukewarm milk; 2 ozs. raisins; 2 ozs. currants; 1 oz. candied lemon peel; 1 chopped apple; juice of  $\frac{1}{2}$  lemon; pinch salt.

**Method.**—Dissolve yeast in a little warm milk. Make a stiff dough with all ingredients, mixing in the dissolved yeast. Knead well, shape into a ball, cover and set to rise for 1 hour. Have ready an iron pot with hot oil; cook 2 at a time by dropping in a teaspoon of mixture for each. Cook for a few minutes to a light brown. Drain and sprinkle with sugar.

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290

## "BLINDE VINKEN" (MOCK FINCHES)

**Ingredients.**—6 thin oblong slices of veal; 3 ozs. minced veal; 1 egg; stale bread; pepper; salt; nutmeg;  $\frac{1}{2}$  lemon;  $2\frac{1}{2}$  ozs. fat; flour.

**Method.**—Wash and salt the veal slices. Mix minced veal, as for meat balls, adding yolk of egg. Spread mince over slices of veal, keeping it well within the edges. Roll up slices and tie securely with a thin string. Roll meat in slightly beaten egg whites, then in flour. Fry rolls, turning on all sides until uniformly light brown. Then simmer for  $\frac{3}{4}$  to 1 hour more in their juice adding a little stock and a few slices of lemon on top. Be careful that the outer crust does not break off. Before serving, remove string.

MRS. VIRGINIA BOS (Holland)  
1950.

# ISRAEL

MRS. S. C. HYMAN  
(c/o. Israel Legation)

291

## STUFFED MARROW (Kishuim/Memulaim)

**Ingredients.**—6 small marrows; 1 lb. mince meat; 1 onion; 2 eggs; breadcrumbs (white).

**Method.**—Scrape marrows, cut lengthwise into two. Remove pulp and place at bottom of saucepan. Mince meat with onion and break one egg into mixture. Mix well. Fill the mixture into the half marrows. Open second egg in dish and beat well. Dip filled marrow first into beaten egg and then into breadcrumbs. Fry in hot oil till brown. Place the stuffed marrows in the pulp in the saucepan. Add little water, not enough to cover. (Instead of water, if desired one can add tomato sauce.) Season with salt, pepper and half teaspoon of sugar. Simmer for one hour. Serves 4. Among Sephardim this is known as MEDYAS.

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292

## EGG PLANT AND TOMATO (Hazilim im Agvanioth)

**Ingredients.**—Two large egg plants; 6 large tomatoes; 2 eggs;  $\frac{1}{2}$  cup flour.

**Method.**—Peel and slice egg plants. Dip slices first into flour, then into beaten eggs. Fry till brown. Place in saucepan. Remove skin of tomatoes and cut into small pieces and place on top of egg plant. Season with salt and pepper. Cook on low fire for one hour. Serves 4

MRS. ORA GOITEIN (Israel).  
1950

★ ★ ★

293

## FALAFEL

(Cocktail Savouries serving 15 to 20)

**Ingredients.**—1 lb. Chickpeas; 1 Chili; 2 tablesp. Parsley; 2 small Cloves Garlic; Seasoning consisting of Salt, Pepper, Paprika, Kimun, all to taste.  $\frac{1}{2}$  teasp. Baking Powder (optional).

**Method.**—Soak chickpeas overnight. Mince ingredients. Add spices to taste. Add baking powder. Allow to stand for about 2 hours. Make small balls like walnuts. Fry in hot deep oil to golden brown. Serve hot. (Chickpeas and Kimun obtainable at "Haggars, Johannesburg.")

LEAH AVNI.

★ ★ ★

294

## ISRAELI STUFFED CABBAGE

**Ingredients.**—1 lb. Steak, 1 small Onion,  $\frac{1}{4}$  clove Garlic (minced together). Salt; pepper; cayenne pepper; cinnamon; ginger;  $\frac{1}{4}$  cup rice; large cabbage; 2 tomatoes, skinned and diced, 1 onion, sliced.

**Method.**—Wash rice thoroughly and add raw to minced ingredients. Add all seasonings to taste (should be highly spiced). Add water to make softish mixture. Remove the large outside leaves of the cabbage, wash them well, and pour boiling water over them to soften. Cut out cores and cut leaves into four. Take small portions of mince meat and roll up in leaves as for sausage rolls. Pack rolls closely into saucepan in one or more layers, add tomatoes and onion, and just enough water to cover. Simmer slowly about 2 hours. When cooked, thicken gravy with a little Bisto, flour or maizena, according to preference.

STELLA SEIGEL.

# ITALY

CONTESSA C. FECIA DI COSSATO  
(c/o. Italian Embassy)

## 295 MILANESE MARROWBONES (Ossibuchi alla Milanese)

**Ingredients.**—6 marrowbones; fat; salt; pepper; dry white wine; parsley; garlic; onion; flour; broth; lemon and rosemary.

**Method.**—Heat fat in a large saucepan; fry 1 small onion until lightly browned. Remove. Dredge marrowbones well with flour, season, and fry to a golden brown. Pour over bones a glass of dry white wine or Marsala; when evaporated, add some broth. Cover saucepan and simmer for about an hour. Pound together parsley, garlic, rosemary and lemon; add to bones  $\frac{1}{2}$  hour before serving.

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## 296

### "MOZZARELLA IN CARROZZA" (Fried Cheese Sandwiches)

**Ingredients.**—1 2-day-old sandwich loaf; "mozzarella" (or sweet-milk cheese); 1 egg; oil and breadcrumbs.

**Method.**—Cut bread into even slices. Remove crusts. Immerse slices in milk (but not to soak). Slice cheese to size of bread, and sandwich between 2 slices bread. Dip each sandwich in beaten egg yolk, coat in breadcrumbs. Fry in boiling oil. Serve very hot. Delicious with sauce of anchovies and French capers.

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## 297

### SPAGHETTI

#### BOULOGNAISE :

**Ingredients.**—1 lb. unbroken spaghetti; 1 lb. mince meat (uncooked); 1 small onion; 2 tablespoons oil.

#### SAUCE :

**Ingredients.**—4 lbs. soft cooking tomatoes; 1 large onion; 2 cloves garlic (medium); 2 tablespoons fat or oil; 1 dessertspoon paprika; 1 dessertspoon sugar; 1 teaspoon salt;  $\frac{1}{2}$  teaspoon pepper; 1 small teaspoon mixed herbs;  $\frac{1}{4}$  teaspoon dry mustard; 2 large teaspoons cornflour; 4 or 5 drops Tobasco,  $\frac{1}{2}$  cup cold water.

**Method.**—Fry large chopped onion and garlic in hot fat. When golden brown add all seasoning. Stir well and cook for a minute or two. Add diced skinned tomatoes. Cook gently  $\frac{1}{2}$ - $\frac{3}{4}$  hour, stirring. Remove from heat, and mash through strainer. Return pulp to stove. Mix cornflour with water and add sauce, should be thick, so use extra cornflour if necessary. Chop small onion finely, add to mince meat, season, and fry in hot oil till well browned. Add two-thirds of meat to sauce. While preparing meat and sauce, boil spaghetti in salted water until tender. Drain and pour fresh boiling water over it, to remove starchy film. Place spaghetti on hot dry platter and pour over a little sauce. Sprinkle remaining mince meat on top. Serve sauce in separate gravy boat.

★ ★ ★

## 298

### NEAPOLITAN

**Method.**—Make exactly the same as Spaghetti Boulognais, but substitute about 2 cups of strong grated cheddar cheese in place of minced meat.

DAWN COHEN (Durban).

# PORTUGAL

**299**

## PASTEIS DE BACALHAU (Cod Fish Cakes)

**Method.**—Soak a piece of cod fish in water overnight, boil, and remove bones and skin. Boil some potatoes (same quantity as the fish), mix with chopped parsley and mince all these ingredients together. Add yolks of eggs and season with salt and pepper. Mixture must have thick consistency so as to adhere together. Mix everything thoroughly together with the stiffly beaten whites of eggs. Shape into croquettes and fry in very hot oil until golden brown. Use a large quantity of oil so that the cakes do not touch the bottom of the pan. Serve with lettuce and tomato salad, string beans or black-eyed-susan beans, cooked and sprinkled with chopped parsley and onion.

MRS. M. L. CRUZ (Portugal)  
1950.

★ ★ ★

**300**

## OVOS MOLES

**Ingredients.**—20 egg yolks; 1 lb. icing sugar;  $\frac{1}{4}$  lb. peeled and crushed almonds; ground cinnamon to sprinkle.

**Method.**—Put sugar into saucepan with a little water and boil until it falls in flakes when lifted with a spoon. Add almonds and when they are cooked, remove from stove. Add yolks, well beaten, and put this mixture on the stove until the eggs are cooked, that is, until you see the bottom of the pan when stirring with a wooden spoon. Sprinkle with cinnamon and serve cold.

MRS. M. L. CRUZ (Portugal)  
1950.

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Ed. Note.—Reduce proportionately to make smaller quantity.

# SCANDINAVIAN COUNTRIES

## DENMARK

MRS. PRIOR

(c/o. Royal Danish Consulate)

301

FREKADELLER (HAMBURGERS)

**Ingredients.**—1 lb. veal; 1 lb. beef; 1 onion; 1 or 2 eggs;  $\frac{1}{2}$  cup flour; little water (or 1 extra egg); salt and pepper.

**Method.**—Mince veal, beef and onion very finely. Add egg, flour, water or extra egg and seasoning. Stir to make a soft consistency. Fry in fat until cooked. Serve with stewed vegetables.

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302

RODGROD (RED BLANCMANGE)

**Method.**—Boil 1 cup raspberries, red currants and cherries in 2 pints water, with sugar to taste. When cooked, strain and thicken with  $1\frac{1}{2}$  tablespoons cornflour. Chill. Serve with thin cream. If liked, blanched almonds may be added to the blancmange after boiling. If preferred, 3 or 4 bundles rhubarb may be used in place of the above mentioned fruits.

## FINLAND

MRS. A. YONTILA

(c/o. Finnish Legation)

303

KESAKEITTO (SUMMER SOUP)

**Ingredients.**—2 pints fresh vegetables (carrots, garden peas, string-beans, leeks, cauliflower, spinach); 2 pints water; 2 pints milk; 4 tablespoons butter; yolks of 2 eggs; cream; 2 tablespoons flour; salt; sugar; 1 tablespoon chopped parsley.

**Method.**—Boil the cut-up vegetables till soft in slightly salted water. Bring the butter and flour to boil, add the boiling milk gradually and then the vegetables with stock. Lastly add cream and beaten egg yolks. Garnish with parsley.

## NORWAY

**304**

### FISH PUDDING

**Ingredients.**—2 lbs. boned, skinned Stockfish (must be firm); 3 teaspoons salt; 4 teaspoons cornflour;  $\frac{1}{4}$  teaspoon grated nutmeg;  $1\frac{1}{2}$  pints boiled, ice-cold milk; 4 tablespoons melted butter.

**Method.**—Mince fish 6 times with salt and flour. Turn into a large bowl and mix very well. Now begin to add milk, at first tablespoon by tablespoon—mix well between each. When half of the milk is used gradually add more milk until all is used up. Add melted butter and nutmeg. Place the mixture in a well-buttered tin  $\frac{3}{4}$  full. Tap sharply on the table a few times to get rid of any air bubbles which may have formed. Cover top with buttered paper and place in a pan with boiling water. Bake in a slow oven 275 deg.,  $1\frac{3}{4}$  hours. Turn pudding out on a dish and decorate with capers, slices of lemon and parsley. Add capers or parsley in white sauce and serve.

MRS. MARIE HOLTUNG (Norway).  
1950.

## SWEDEN

**305**

### HERRING BAKED IN CREAM

**Ingredients.**—Raw potatoes; raw onion; salt herring; cream; butter and breadcrumbs (optional).

**Method.**—Slice potatoes and onion thinly. Clean, bone, and cut herring into several pieces. Arrange layers of potatoes, onions and herring in a fireproof dish. Pour over cream until ingredients are nearly covered. Sprinkle with breadcrumbs and put dabs of butter on top. Bake.

MRS. ELSE SANDSTROM (Sweden).  
1950.

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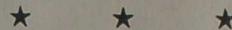
# SOUTH AFRICA

**306**

## KOEKSISTERS (Doughnuts)

**Ingredients.**— $\frac{1}{2}$  cup tepid water;  $\frac{1}{2}$  yeast cake; 1 cup milk; 4-5 cups flour; 1 teasp. salt; 1 cup sugar; 4 tablesp. butter; 1 teasp. grated nutmeg; 2 eggs; oil to fry.

**Method.**—Dissolve yeast cake in tepid water and add the warm milk. Mix with some flour to make a thin batter. Leave to rise overnight. Then add salt, sugar, melted butter, nutmeg, beaten eggs and enough flour to make a dough such as for bread. Allow to rise again. Shape into balls or twists (by rolling out the dough and cutting into strips, about  $\frac{1}{2}$ " thick and  $\frac{1}{2}$ " wide, twisted together and cut into strips 4" long). Fry in deep oil. When brown, remove, and drop into syrup prepared by boiling together 3 cups sugar and 2 cups water with a stick of cinnamon. Drain and cool.

**307**

## BABOOTIE

**Ingredients.**—2 lbs. mutton or beef (cooked or fresh); 2 onions (chopped); 2 tablesp. fat; 1 slice white bread; 1 cup water; 2 tablesp. curry powder; 1 tablesp. sugar; 2 tablesp. lemon juice; 2 eggs; seasoning; chopped almonds; a few bay leaves.

**Method.**—Mince meat. Soak bread in half the water, and mash finely with a fork. Fry chopped onions in fat. Add to these the mashed bread, curry powder, sugar, seasoning, lemon juice (or vinegar) and minced meat. Mix well together with 1 well-beaten egg. Pour mixture in greased pie-dish and bake in moderate oven. After about half an hour, beat up the other egg with a pinch of salt and add to rest of water. Pour this over the mince. Place a few bay leaves on top and sprinkle over some chopped almonds. Return to oven and bake for another  $\frac{1}{2}$  hour. Serve with rice. (Serves 6.)

**308**

## MELKTERT

**Ingredients.**— $\frac{1}{2}$  lb. short or flaky pastry; 1 pint milk; 2 tablesp. sugar; 2 tablesp. butter; powdered cinnamon; 4 tablesp. flour; 2 eggs; stick cinnamon; pinch salt.

**Method.**—Bring milk, cinnamon, sugar, butter and salt to the boil. Blend flour smoothly with a little cold milk. Pour boiling mixture on to this, stirring well. Return to saucepan, stir until it boils and cook for 5 minutes. Cool slightly and add well-beaten eggs. Reheat for a few minutes, but be careful that mixture does not curdle. Line a Pyrex dish with the pastry. Pour in the custard filling. Sprinkle with some sugar and powdered cinnamon. Bake in a hot oven for about 20 minutes. (The custard filling may be flavoured with almond essence or vanilla instead of cinnamon.)

---

## SOUTH AFRICA

(CONTINUED)

**309**

### POFFERTJES (Fat Cookies)

**Ingredients.**—1½ cups flour; 4 ozs. butter; 3 eggs; ½ pint milk, or water; oil

**Method.**—Boil milk or water, add butter, stir in flour gradually. Cook until mixture comes away cleanly from pan and spoon. Turn into a bowl. Cool. Then mix in yolks, and beat well. Fold in stiffly beaten egg whites. Heat oil, drop in mixture by spoonful, fry until golden brown, turning frequently. Drain on brown paper. Dredge with castor sugar. Serve hot.

★ ★ ★

**310**

### TOMATO BREDE

**Ingredients.**—2 lbs. neck of mutton; 2 medium onions; 2 lbs. sliced tomatoes; 2 teasp. sugar; 1 teasp. salt; ¼ teasp. pepper; 3 tablesp. fat; ½ cup water; small piece finely shredded red chili.

**Method.**—Lightly brown onions in hot fat. Add meat cut in small pieces, and brown quickly for few minutes. Add all ingredients, except sugar. Cover tightly, and simmer slowly for 2 hours. If necessary, add extra water as stew must not cook dry. Add sugar just before serving. Serve with rice or mashed potatoes.

★ ★ ★

**311**

### CABBAGE BREDE

**Method.**—Use above recipe, substituting finely cut up cabbage in place of tomatoes.

★ ★ ★

**312**

### BEAN BREDE

**Method.**—Use "Tomato Brede" recipe substituting cut-up green beans in place of tomatoes.

★ ★ ★

**313**

### SOSATIES (Dutch Kabobs)

**Ingredients.**—Fat lamb; 2 or 3 chopped onions; 1 tablesp. curry powder; 1 tablesp. sugar; 1 dessertsp. salt; ¼ teasp. pepper; 2 cups vinegar; 6 lemon or orange leaves (coarsely chopped); 2 or 3 tablesp. fat; 1 cup water.

**Method.**—Cut meat and fat into small cubes. Season. Alternate pieces of meat and fat on to small skewers. Fry onions in fat, sprinkle on curry powder, and add to rest of ingredients placed in a bowl. Place skewered meat in this marinade overnight. Drain meat thoroughly, and grill or fry on the skewers. Serve with rice and Curry Sauce.

**Curry Sauce.**—Heat above marinade, and thicken with 1 tablesp. cornflour mixed with a little water.

# SWITZERLAND

MRS. J. DE RHAM  
(c/o. Swiss Legation)

## 314

### CHOPPED VEAL

**Ingredients.**—1 lb. Veal; Fat; Flour; 1 tablesp. Vinegar; 1 small Onion; Salt; Nutmeg; White Wine.

**Method.**—Prepare veal and dice into  $\frac{1}{2}$  in. cubes. Sprinkle with flour. Chop or grate onion, and add to very hot fat in frying pan; when light brown, add veal and fry well over high heat. Add vinegar and seasonings, and flavour with Marmite if desired. The flavour of this dish can be greatly improved if, just before serving, a dash of white wine is stirred in quickly. Serve immediately with "Roesti."

★ ★ ★

## 315

### ROESTI

**Ingredients.**—2 lbs. Potatoes; Fat; Salt; Onions (optional).

**Method.**—Boil potatoes in jackets, cool, skin and slice them thinly (use grater preferably). Heat about 1 tablesp. fat in large frying pan, and add sliced potatoes and salt. Turn potatoes carefully (do not hash them up) to mix thoroughly with the fat. Then push potatoes together into centre of pan, and add small flakes of fat (about 1 oz.) into the pan all round the "cake" of potatoes. Do not stir any more, but, to prevent burning, lift pan off stove, and with circular movement rotate the "cake" round and round the pan at short intervals. When it has a golden crust, slip it on to a flat dish, cover with the pan, invert it back into the pan, and fry the other side, adding additional flakes of fat. (If onion is used, chop finely and add to the fat before the potatoes.)

★ ★ ★

## 316

### CARROT CAKE

**Ingredients.**—4-6 Eggs;  $\frac{3}{4}$  lb. Sugar;  $\frac{3}{4}$  lb. Ground Almonds;  $\frac{1}{2}$  lb. raw grated Carrots; 2 ozs. Flour; 2 teasp. Baking Powder; grated Lemon Rind.

**Method.**—Beat yolks of eggs, sugar and lemon rind for approx.  $\frac{1}{4}$  hour, add almonds and carrots, mix baking powder with flour and add gradually. Fold stiffly beaten whites lightly into the mixture and pour into a greased, deep baking dish (preferably with loose bottom). Bake in oven at low heat for approx. 1 hour, sprinkle with sugar or cover with lemon icing. (This cake tastes much better if it is some days old.)

★ ★ ★

## 317

### FONDUE

**Ingredients.**—1 lb. Cheddar Cheese; 1 lb. Sweetmilk Cheese; Garlic (one clove); 1 glass White Wine; Salt; Pepper; Cubed Bread (mouthfulls).

**Method.**—The Fondue is cooked in a fireproof earthenware casserole, but a deep enamelled casserole will do very well (it must have a thick bottom). Rub casserole with garlic and add grated mixed cheese, put on low heat, preferably on a primus stove, and stir constantly with fork until cheese has melted into a very smooth paste. Then add the wine gradually with salt and pepper and stir constantly until it comes to the boil. The Fondue is then ready for serving. Some more wine should be added later, as it tends to become thick. Fondue is consumed in a spirit of true democratic "collectivism," the casserole, still on the primus stove atop a very weak flame, being placed in the centre of the table, each member of the party spearing a chunk of bread on a fork and dipping it in the hot, molten cheese. Dry white wine and Kirsch in small quantities are served as accompanying drinks. Soft drinks are absolutely excluded.

# UNITED KINGDOM

LADY LE ROUGETEL  
(c/o. Office of the High Commissioner)

## 318

### GINGER BEER—HOME-MADE

**Ingredients.**—5 quarts boiling water; 1½ lb. sugar; 1 oz. whole ginger (root); 2 lemons; ¼ oz. cream of tartar; 1 good tablespoon brewer's yeast.

**Method.**—Remove rinds of lemons as thinly as possible. Strip off every particle of white pith and cut lemons into thin slices, removing pips. Put sliced lemons and rinds into an earthenware bowl with bruised or crushed ginger, sugar and cream of tartar, and pour in the boiling water. Allow to stand in a warm place until milk-warm (i.e., warmth of fresh cow's milk), then stir in yeast and let bowl remain in a warm place for 24 hours. Skim off yeast from top, strain ginger beer carefully from sediment, bottle, tie down corks securely. Ready for use in 2 days.



## 319

### BUBBLE AND SQUEAK

**Ingredients.**—Thin slices of roast or boiled beef; cold mashed potatoes; cold greens of any kind; shredded onion; good dripping; salt and pepper; vinegar if liked.

**Method.**—Melt a little dripping in a frying pan. Put in meat, fry quickly until lightly browned on both sides. Remove and keep hot. Put in onion, fry until brown, add potatoes and greens. Season to taste. Stir until thoroughly hot, add a little vinegar if liked. Turn on to a hot dish. Place meat on top. Time about 20 minutes (sufficient, using 1 lb. meat, for 3 or 4 persons).



## 320

### BAKEWELL TART

**Ingredients.**—½ lb. short crust pastry; 2 ozs. ground almonds; 2 ozs. butter; essence of almonds; raspberry or other jam; 2 ozs. castor sugar; 1 egg.

**Method.**—Cream butter and sugar well, stir in the egg, add the almonds and a few drops of essence and beat well. Line a flat dish with the pastry, place a good layer of jam on the bottom, and spread the mixture lightly over it. Bake in quick oven for about ½ hour. Serve hot or cold.



## 321

### YORKSHIRE PUDDING

**Ingredients.**—1 tea-cup flour; 1 tea-cup milk or water; 1 egg; salt, pepper.

**Method.**—Beat together well. Grease a Pyrex dish and leave just enough hot fat to cover base. Place batter in dish. Bake in hot oven for about ½ hour.

THELMA ROBERTSON.

---

## HOT PUDDINGS

\*FOR DEFINITION OF PARAVA see "USEFUL COOKING TERMS"

Notes

322

### DATE PUDDING

|                               |                          |
|-------------------------------|--------------------------|
| 1 lb. Dates, chopped          | 3 Eggs (well beaten)     |
| 4 tablesp. Dripping or Butter | 1 dessertsp. Bicarb Soda |
| 8 tablespoons Flour           | dissolved in 1 cup Water |

**Method.**—Mix all ingredients well and place in large greased pudding bowl. Cover bowl with double thickness of greased brown paper; tie round tightly with string. Place in pot of boiling water (water to be half-way up the side of bowl). Cover pot with lid and steam 3 hours. Add boiling water carefully whenever necessary. Serve with wine sauce.

WINE SAUCE:

|   |                                 |
|---|---------------------------------|
| $\frac{1}{2}$ cup Wine, $\frac{1}{4}$ cup Water | $\frac{1}{2}$ teaspoon Cinnamon |
| 1 dessertspoon Sugar                            | 1 teaspoon Maizena              |

**Method.**—Boil wine, water and sugar together. Then add cinnamon and maizena mixed to a smooth paste with a little water. Stir on stove till it thickens. Serve hot with Date Pudding.

DEBORAH JUDES.

★ ★ ★

323

### APPLE PUDDING (\*Parava)

|                              |                        |
|------------------------------|------------------------|
| 4 or 5 Apples                | 2 tablesp. Flour       |
| Mixed Peel; few Cloves       | 1 tablesp. Sugar       |
| 2 Eggs, 1 teasp. Lemon Juice | 2 teasp. Baking Powder |
| 3 tablesp. boiling Water     |                        |

**Method.**—Cook peeled and sliced apples in water just to cover, adding sugar to taste and cloves. Place cooked apples in bottom of Pyrex dish; sprinkle with mixed peel. Beat yolks with sugar; add boiling water, flour, baking powder and lemon juice. Beat well. Fold in stiffly-beaten whites. Pour mixture over apples and bake. Serve hot or cold.

Temperature: 350°. Time: 20-25 mins.

DEBORAH JUDES.

★ ★ ★

324

### STUFFED BAKED APPLES

**Method.**—Mix raisins, chopped dates and nuts. Fill cored apples with the mixture and bake.

SARAH F. HERMER.

**Variation.**—Fill with (1) Honey and lemon juice; (2) Syrup, and sprinkle with cinnamon and sugar.

★ ★ ★

325

### BAKED APPLE DE LUXE (\*Parava)

Core and fill apples as above, adding a little sweet wine. Bake till nearly done.

**Method.**—Beat 2 yolks and 2 tablesp. sugar well. Add 3 tablesp. boiling water, and 1 teasp. lemon juice. Sift 2 tablesp. flour with 2 teasp. baking powder. Mix in lightly. Fold in stiffly beaten whites. Pour over apples. Bake in moderate oven about 20 mins.

SITTA NEUHAUS.

# ROYAL

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326

## HOT PEAR PUDDING

Notes

$\frac{1}{2}$  pkt. Marie Biscuits       $1\frac{1}{2}$  tablespoons. Syrup  
 less than  $\frac{1}{4}$  lb. Butter, melted      Tin of Pears, sliced

**Method.**—Crush biscuits, add melted butter, syrup, and enough pear juice to bind. Line buttered Pyrex dish with mixture. Over this, put alternate layers of pears and mixture, ending with mixture. Bake in moderate oven until lightly browned.

Temperature: About 350°.

STELLA SEIGEL

★ ★ ★

327

## UPSIDE DOWN FRUIT PUDDING

(Can be made as \*Parava Pudding)

|   |                                 |
|---|---------------------------------|
| 3 oz. Butter or Margarine                     | $1\frac{1}{2}$ cups Flour       |
| $\frac{1}{2}$ teaspoon Vanilla; Pinch of Salt | 2 Eggs, $\frac{2}{3}$ cup Water |
| 3 teaspoons Royal Baking Powder               | $\frac{2}{3}$ cup Sugar         |

**Method.**—Cream butter and sugar. Add lightly-beaten yolks and vanilla. Beat well. Sift dry ingredients; add to mixture alternately with water. Fold in stiffly beaten whites. Pour on to Fruit Topping.

FRUIT TOPPING:

While making above mixture, melt in a thick bottomed pan (which will fit into oven) 4 tablesp. shortening; add 1 cup sugar. Have prepared about  $1\frac{1}{2}$  cups sliced bananas and cubed pineapple. When mixture is thick and like syrup (avoid burning) quickly add fruit evenly, and pour the cake mixture over it. When baked, turn upside down immediately on to serving platter.

Temperature: Moderate oven.      Time: 30-35 mins.

GERTRUDE HARVEY COHEN.

★ ★ ★

328

## MOTHER'S FAVOURITE PUDDING

|                              |                              |
|------------------------------|------------------------------|
| 3 ozs. Butter; 3 ozs. Sugar  | 1 teasp. Baking Powder       |
| 1 Egg; 1 Apple; 4 ozs. Flour | $\frac{1}{2}$ cup Milk; Salt |

**Method.**—Cream butter and sugar. Add egg. Beat. Add grated apple. Then add alternately sifted dry ingredients and milk. Bake Temperature: 400°.      Time:  $\frac{1}{2}$  hour.

ESTHER SORESON.

★ ★ ★

329

## SYRUP TURNOVER

|   |                                      |
|---|--------------------------------------|
| 2 Eggs; 2 tablesp. Sugar                            | 3 teasp. Royal Baking Powder         |
| $\frac{1}{4}$ lb. Butter; $\frac{1}{4}$ teasp. Salt | $\frac{3}{4}$ cup Milk or cold Water |
| 1 large cup Flour                                   | 1 cup of Golden Syrup                |

**Method.**—Butter deep Pyrex dish; pour in syrup: heat in oven. Cream butter, sugar, eggs. Add alternately, flour sifted with salt, and milk. Lastly add baking powder. Pour on top of heated syrup. Bake 375° to golden brown. While hot, reverse on to serving dish. Sprinkle hundreds and thousands over top (optional). Serve hot.

CECELIA COHEN.

## Notes

## 330

## LEMON SPONGE PUDDING

1 tea cup ( $\frac{1}{4}$  pint size) Sugar      1 tea cup Milk; 2 Eggs  
 2 large tablespoons Flour      1 oz. Margarine or Butter  
 Juice and rind of 1 Lemon

**Method.**—Cream fat and sugar. Add yolks of eggs, flour and grated lemon rind. Beat egg whites stiffly and fold into the mixture with the lemon juice and milk. Put mixture into fireproof dish and stand in a tin half-full of water. Bake in moderate oven. May be served cold but is nicer hot.

Temperature: 350-375°.      Time.  $\frac{3}{4}$  hour.

THELMA ROBERTSON.

★ ★ ★

## 331

## APPLE-RICE (\*Parava)

$\frac{1}{2}$  cup uncooked Rice      Rind of  $\frac{1}{2}$  Lemon  
 5 or 6 medium-sized Apples       $\frac{3}{4}$  to 1 pint of Water  
 Salt, Sugar to taste

**Method.**—Wash rice and boil in water with salt, sugar and lemon rind. Peel apples, cut into slices and add to the rice when same is half-cooked. Cook until soft (it must be like a thick cream), and stir a few times. Serve warm with a fruit sauce (raspberry syrup).

ALICE WOLFF.

★ ★ ★

## 332

## BROWN PUDDING

1 tablespoon Sugar      2 tablesp. smooth Apricot Jam  
 2 tablespoons soft Butter       $\frac{1}{2}$  teaspoon Bicarbonate Soda  
 4 tablespoons Flour      2 Eggs, 1 tablesp. boiling Water

**Method.**—Beat eggs, sugar and softened butter well together. To this add flour, jam and bicarbonate of soda which has been dissolved in the boiling water. Put into greased pudding steamer and steam for 2 hours. Also makes a nice baked pudding.

Temperature: 350-400°.      Time: Approx.  $\frac{1}{2}$  hr. or more.

IRENE ETTINGER.

★ ★ ★

## 333

## FARFEL TZIMAS (NOODLE PUDDING)

1 cup Beares Farfel      1 cup hot Milk  
 1 oz. Butter       $\frac{1}{2}$  cup Sour Cream  
 2 tablespoons Sugar      1 teaspoon Cinnamon, Salt

**Method.**—Boil Farfel (must be Beares) in a saucepan of boiling salted water, for about  $\frac{1}{2}$  hour. When soft drain off water and hold strainer under cold running water to keep noodles firm and separated (as when cooking rice). Place in greased Pyrex dish. Make a sauce of milk and cream, adding sufficient sugar, salt and cinnamon to taste. Pour this over noodles. Dot with butter pats and stir whole mixture gently. Sprinkle over a little cinnamon, place in moderate oven 300° for 20 minutes to  $\frac{1}{2}$  hour until liquid is almost absorbed. Serve hot. Serves 5 to 7 people.

GERTRUDE HARVEY COHEN.

334

## APPLE JULIETTE

(Can be made as \*Parava Pudding)

|                                   |                            |
|-----------------------------------|----------------------------|
| 4 Apples, 1 teasp. Vanilla        | 1 cup Post Toasties        |
| 1 dessertsp. chopped Walnuts      | 1 dessertsp. Orange Juice  |
| 1 tablesp. each Currants, Raisins | 3 tablesp. Sugar           |
|                                   | 1 tablesp. Butter (cut up) |

**Method.**—Peel and slice apples. Arrange in alternate layers with fruits, nuts and Post Toasties; last layer Post Toasties. Sprinkle with orange juice, vanilla and sugar, then dab butter over top. Bake with lid on at 325-350° about  $\frac{3}{4}$ -1 hour. Serves 6-8.

CAROLINE MADUMO.

★ ★ ★

335

## STEAMED CARROT PUDDING

(Can be made as \*Parava Pudding)

|                             |                               |
|-----------------------------|-------------------------------|
| 1½ cups Flour; Lemon Juice  | 1 tablesp. Mixed Candied Peel |
| 1 cup grated Carrots        | 1 teaspoon Bicarbonate Soda   |
| 1 cup Currants; ½ cup Sugar | 2 tablespoons melted Butter   |
| 1 Egg; 1 teasp. Cinnamon    | ½ teasp. Baking Powder        |

**Method.**—Rub flour and butter. Add currants, peel, carrots, lemon juice and dry ingredients. Dissolve bicarb. in a little milk; add. Place in greased 1 lb. cocoa tin or Boston Bread tin,  $\frac{3}{4}$  full. Cover and steam in covered pot of water for 3 hours, over medium heat all the time. Serve with hot custard, syrup or Apricot Jam. Substitute chicken fat for butter, and warm water for milk, if for meat meal.

**Note.**—If difficult to remove from tin when baked, place in hot oven for few minutes.

ETHEL SMITH.

★ ★ ★

336

## APRICOT PUDDING

|                               |                                 |
|-------------------------------|---------------------------------|
| 1 cup Milk, 1 tablesp. Butter | 2 tablesp. Apricot Jam (smooth) |
| 1 teasp. Vinegar, 1 Egg       | 1 teasp. Bicarb. Soda           |
|                               | 1 cup Flour, ½ cup Sugar        |

**Method.**—Cream butter and sugar, add egg, then milk and flour alternately, then jam. Lastly add bicarb and vinegar; mix quickly. Put in a deep greased Pyrex casserole and cover. Bake. Serve with wine sauce.

Temperature: 400-450°. Time: 1 hour.

## WINE SAUCE:

**Method.**—Mix together 2 tablesp. jam, 1 tablesp. wine or brandy  $\frac{1}{2}$  cup water, 1 teaspoon cornflour. Boil till thick.

ANNIE WUNSH.

★ ★ ★

337

## VEGETABLE STEAMED PUDDING (\*Parava)

|                                |                               |
|--------------------------------|-------------------------------|
| 1 cup grated Carrots (fine)    | 1 cup Raisins, 2 Eggs         |
| 1 cup grated Potatoes          | 1 teaspoon Cinnamon           |
| ½ cup Jam, 1 cup Sugar         | 1 teasp. Mixed Spice          |
| 1 cup Wholemeal or Jungle Oats | 1 tablesp. Fat, 1 teasp. Salt |
|                                | 1 teasp. Bicarbonate Soda     |

**Method.**—Mix everything together well. Steam in double cooker for 4 hours. For Milk Pudding use butter instead of fat.

ANNE TOLLMAN (Durban).

Notes

## 338

## WINTER PUDDING (\*Parava)

|                        |                                  |
|------------------------|----------------------------------|
| 1 tablesp. Mabela      | 1 cup boiling Water              |
| 1 tablesp. Mealie Meal | 1 Egg, $\frac{1}{8}$ teasp. Salt |
| 1 tablesp. Jungle Oats | $\frac{1}{2}$ teasp. Cinnamon    |
| 1 tablesp. Syrup       | 2 tablesp. Butter or shortening  |

**Method.**—Cut butter into small pats. Mix all ingredients together. Add beaten egg. Pour cup of boiling water over mixture. Place in a greased Pyrex dish. Bake in moderate oven  $\frac{3}{4}$ -1 hour. Serve with hot syrup or tinned fruit.

MINNIE MOWSOWITZ.

## 339

## QUEENS PUDDING

|                                |                      |
|--------------------------------|----------------------|
| 6 to 8 thin slices white Bread | Sultanas or Currants |
| 2 Eggs, Butter, Jam            | 2 teacups Milk       |
| 3 tablespoons Sugar            | Pinch Salt, Nutmeg   |

**Method.**—Spread half the bread with butter and jam; sprinkle with sultanas; cover with remaining buttered bread. Cut to fit nicely, in 2 layers, in greased Pyrex dish. Spread more jam and sultanas between the layers. Beat yolks with 1 tablesp. sugar and pinch salt. Add milk, mix well and pour over contents. Sprinkle with grated nutmeg (optional). Bake till custard is set. Spread top thinly with jam, and meringue made from the whites and remaining sugar. Return to cooler oven till lightly browned. If too sweet, use less sugar in the custard, or less jam. Serve hot.

VIOLET WITTERT.

## 340

## "CROWNED GLORY" PUDDING

|  |  |
|--|--|
| 1½ cups Flour, $\frac{1}{4}$ lb. Butter        | 1 teasp. Bicarbonate Soda              |
| 1 teasp. Cinnamon, 1 Egg                       | 1 tablespoon hot Milk                  |
| $\frac{1}{2}$ cup Si $\frac{1}{4}$ teasp. Salt | 1 cup Fruit (Sultanas, Dates, Almonds) |
| 1 tablesp. Apricot Jam                         |  |

## SAUCE:

|                         |  |
|-------------------------|--|
| 1 cup hot Water         | $\frac{1}{2}$ cup Sweet Wine (but not too sweet) |
| 1 cup Sugar, Pinch Salt |  |

**Method.**—Rub butter into sifted dry ingredients (not bicarb). Pour beaten egg in centre well; stir in bicarb dissolved in hot milk; add jam; mash all up with wooden spoon, until ingredients are combined. Mixture is very dry. Add fruits. Mix well. Combine ingredients to make sauce. Stir well. Put sauce into ungreased steaming bowl. Drop pudding mixture into sauce. Tie serviette round bowl. Tie up ends. Steam 2 hours. Serve hot or cold with custard. Serves 10-12.

SOPHIE COHEN.

Note:—Substitute water for milk, margarine for butter, to make a "Parava" dish.

## 341

## GINGER PUDDING

|                          |                          |
|--------------------------|--------------------------|
| 1 packet Ginger Biscuits | Pinch of Salt            |
| 1 large cup of Milk      | 2 teasp. Baking Powder   |
| 1 cup of Flour           | 1 Egg, 2 tablesp. Butter |

**Method.**—Soak biscuits in milk until soft. Add melted butter, sifted dry ingredients, and well-beaten egg. Place in greased Pyrex dish and bake in moderate oven about 40 minutes. Serve hot with custard or syrup.

PHYLLIS NAGLE.

342

## LOKSHEN PUDDING

Notes

|   |   |
|---|---|
| 4 tablespoons Beares Broad<br>Lokshen; Sultanas | $\frac{1}{4}$ teaspoon Baking Powder<br>Salt and Pepper |
| 1½ tablespoons Chicken Fat                      | 1 tablesp. Syrup, 1 Egg                                 |

**Method.**—Boil Lokshen in salt water until tender. Drain, run through in cold water. Add other ingredients, the egg beaten. Place in greased Pyrex dish and bake  $\frac{1}{2}$  hour or till golden brown.

VIOLET WITTERT

★ ★ ★

## CARAMEL DUMPLINGS

SYRUP:

|                      |                             |
|----------------------|-----------------------------|
| 1½ cups Sugar        | $\frac{1}{8}$ teaspoon Salt |
| 2 tablespoons Butter | 2 cups hot Water            |

DUMPLINGS:

|                         |   |
|-------------------------|---|
| 1½ cups Sifted Flour    | $\frac{3}{4}$ cup Milk, $\frac{1}{4}$ teasp. Salt |
| 2½ teasp. Baking Powder | 3 tablespoons Butter                              |
| 3 tablespoons Sugar     | $\frac{1}{2}$ cup chopped Walnuts                 |

**Method.**—Heat  $\frac{1}{2}$  cup sugar in skillet until it becomes golden brown syrup. Add butter, salt and remaining sugar. Add hot water gradually, stirring constantly. Bring to boil, cook until sugar is dissolved, about 10 minutes, stirring frequently. Sift dry ingredients. Cut in butter. Add walnuts. Stir in milk all at once, mixing only enough to moisten flour. Drop by tablespoons into gently boiling caramel sauce. Cover tightly and simmer gently 12 to 15 minutes without removing cover. Serve at once with sauce. Serves 6.

HETTY SACHS.

★ ★ ★

## BAKED ORANGE FLUFF

|                     |                               |
|---------------------|-------------------------------|
| 4 Eggs, 1 cup Sugar | 1 tablesp. grated Orange Rind |
| ½ cup Orange Juice  | Whipped Cream (optional)      |

**Method.**—Beat egg yolks until light. Add sugar slowly, beating constantly. Add orange juice and rind. Mix well. Beat egg-whites stiff, and fold into mixture. Pour into well-greased baking dish, which is placed in a pan of hot water. Bake in moderate oven, until firm. Serve immediately, garnished with whipped cream if liked. Serves about 6.

Temperature. 350°.

Time: About 35 mins.

GERTRUDE HARVEY COHEN.

★ ★ ★

## APPLE CRISP

|                                      |                      |
|--------------------------------------|----------------------|
| 8 heaped tablespoons Flour           | 4 Cooking Apples, or |
| 3 tablespoons Sugar                  | 1 tin Pie Apples     |
| $\frac{1}{4}$ lb. Butter, Pinch Salt | Sugar to taste       |

**Method.**—Pare and cook apples with sugar and very little water till partly done. If using tinned apples, heat, and sweeten. Sift flour, salt and 3 tablesp. sugar; rub with butter until like fine crumbs. Grease a pie dish, place most of crumb-mixture into dish. Spread hot apples on top. Sprinkle remaining crumbs over apples. Bake until lightly browned.

Temperature: About 300°. Time: About 30 mins.

**Note.**—A layer of lemon curd before apples are added, gives an attractive flavouring to pudding.

GERTRUDE HARVEY COHEN.

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## COLD PUDDINGS

For meaning of "Parava" see "Useful Cooking Terms."

Notes

346

### HONEYCOMB MOULD (\*Parava)

|                   |                           |
|-------------------|---------------------------|
| 1 packet Jelly    | 2 Eggs, 2 tablesp. Sugar  |
| 2 cups cold Water | 1 tablesp. Custard Powder |

**Method.**—Add jelly to cold water and bring to the boil. Add slowly the egg yolks beaten with the sugar. Mix one tablespoon custard powder with cold water until a smooth mixture is obtained. Add this custard to the boiling liquid in the saucepan and allow to boil for 3 mins., stirring constantly. Set aside to cool. Beat whites of eggs until stiff, and add to the pudding, beating all the time. Set in the refrigerator.

BLANCHE ABRAHAMS.

★ ★ ★

347

### MARSHMALLOW DELIGHT (\*Parava)

|                         |                             |
|-------------------------|-----------------------------|
| 1 cup Sugar             | ½ cup boiling Water         |
| 1½ tablespoons Gelatine | 4 Egg Whites; ¼ teasp. Salt |
| ½ cup cold Water        | 1 teaspoon Vanilla          |

**Method.**—Soak gelatine in cold water and dissolve in boiling water. Leave to cool. Whip egg whites and salt until stiff. Add gelatine to this in a slow stream, whipping constantly. Add sugar, ½ cup at a time, whipping after each addition. Whip in 1 teaspoon vanilla. Continue to whip until pudding thickens and chill thoroughly. Serve with crushed fruit. (6-8 servings).

RHODA LEVY.

★ ★ ★

348

### CRUMBLED GINGER TART

|                                 |                           |
|---------------------------------|---------------------------|
| 1 pkt. Ginger Biscuits          | 3 tablesp. Syrup          |
| ¼ lb. melted Butter             | 2 tablesp. Custard Powder |
| 1½ cups Water, 1 tablesp. Sugar | ½ cup preserved Ginger    |

**Method.**—Mix crushed biscuits with butter and line Pyrex dish. Bake a short while to form a flan. Bring to boil water, sugar, syrup. Add custard powder mixed with a little cold water. Boil slowly and stir till mixture thickens. Add finely cut up ginger. Cool. Fill shell. If desired, serve with fresh cream flavoured with a little dry Nescafe.

CECELIA COHEN.

★ ★ ★

349

### STRAWBERRY BAVARIAN CREAM

|                          |                             |
|--------------------------|-----------------------------|
| 2 cups Strawberries      | 1 tablespoon Lemon Juice    |
| 1 cup Sugar              | 1 cup sweet Cream           |
| 1½ tablespoons Gelatine  | 2 Egg Whites, ¼ teasp. Salt |
| 2 tablespoons cold Water | 2 tablespoons boiling Water |

**Method.**—Hull and slice strawberries and pour sugar over them. Leave for ½ hour. Soak gelatine in cold water, and dissolve in boiling water. Add to berries. Add lemon juice. Chill the berry mixture until about to set. Whip cream and fold in. Then whip egg whites with salt and fold in. Chill. (Serves 8)

RHODA LEVY.

**350****BAKED FRUIT ALASKA**

*Plain Cake, Ice-Cream (hard)* 1 tablesp. Castor Sugar  
*Pineapple Cubes (or other fruit)* 2 Egg-whites, Sherry

**Method.**—Line a Pyrex dish with  $\frac{1}{4}$ " thicknesses of cake. Spoon a little fruit juice or sherry and place fruit cubes on cake. Cover with thick slices of ice-cream, leaving 1" border of cake uncovered. Beat egg-white stiffly, add castor sugar, beat again. Cover ice-cream and cake completely with meringue. No spot must be left uncovered. Bake till meringue slightly brown for 4 to 5 mins. in hot oven. Serve immediately with Hot Chocolate Sauce, Recipe No. 202.

YVONNE THERON.

★ ★ ★

**351****BAKED ALASKA**

*Sponge Cake, 4 Egg-whites*  $\frac{1}{8}$  teasp. Salt, Chopped Nuts  
*1 Ice-Cream Brick*  $\frac{1}{3}$  cup Castor Sugar

**Method.**—Use a small wooden board. Arrange a 1" layer of sponge cake on board, so as to extend 1" beyond ice-cream brick on all sides. Whip egg-whites with salt, until stiff, but not dry. Beat in sugar gradually, until meringue stands up in peaks. Place ice-cream in the centre of the cake. Spread meringue over ice-cream, leaving no spot uncovered. Sprinkle generously with nuts. Bake in a hot oven, 4 to 5 minutes, just before serving. Watch carefully, as meringue burns easily.

GERTRUDE HARVEY COHEN.

★ ★ ★

**352****ROYAL CHARLOTTE RUSSE**

**Method.**—Use loose-bottomed cake tin. Line sides with boudoir biscuits or sponge fingers, placing them close together, and cutting tips off the bottoms so that they will stand firmly, and also be correct height for tin. Brush them over with slightly beaten white of egg, and place in a warm oven for 2 or 3 minutes to seal.

Whip about  $\frac{3}{4}$  pint sweet cream, add sugar to taste, 1 dessert-spoon brandy, some coarsely chopped nuts, the remains of the sponge fingers crushed up, some cut-up crystallised fruits, including glacé cherries, some cut up pieces crystallised or preserved ginger (optional), and finally stir in 3 teaspoons gelatine which has been well dissolved in 3 or 4 tablespoons hot water.

Place half the mixture in the biscuit-lined cake tin. Then arrange a centre layer of chopped up red jelly (which has been made and set beforehand) then add the remaining layer of the cream mixture. Chill in refrigerator overnight, remove from tin, and decorate with fruits and nuts. Delightful dessert for a special party.

VIOLET WITTERT.

★ ★ ★

**353****FLAKY-CHOCOLATE RUSSE (Special Party Pudding)**

**Method.**—Proceed exactly as above, but change Boudoir Biscuits to Flaky-Chocolate Bars. Do not put in oven. Include few crushed biscuits in cream. Jelly should not be QUITE set when adding. Alternate cream with 2 layers different colour jellies, to grip chocolate-bars. When unmoulded, tie with attractive ribbon.

GERTRUDE HARVEY COHEN.

354

## STRAWBERRY RIBBON MOULD

Notes

|                           |                       |
|---------------------------|-----------------------|
| 1 packet Strawberry Jelly | 3 tablespoons Sugar   |
| 1 punnet of Strawberries  | 2 cups Whipping Cream |
| 1 tablespoon Gelatine     | 1½ tablespoons Cocoa  |
| ¼ cup of Brandy           | ¼ cup cold Water      |
| ½ cup boiling Water       |                       |

**Method.**—Step A. Make Strawberry jelly. Cool. Chill for 1 hour or until it begins to set. Wash and hull strawberries. Fold into partly set jelly. Pour into large serving mould. Chill until firm. This is the red section.

Step B. Soften half the gelatine in ¼ cup of brandy. Then dissolve this in ½ of the boiling water (i.e., ¼ cup). Stir in half the sugar. Cool. Whip 1 cup of cream. Slowly add the cool gelatine mixture to cream. Beat gently with a fork. Place on top of hardened jelly mixture. Now there is white layer on red layer. Chill.

Step C. Take remaining gelatine and soften in remaining cold water. Add remaining ¼ cup of boiling water. Combine cocoa and remaining sugar and add to gelatine. Cool. Whip remaining 1 cup of cream and slowly add cool gelatine mixture to cream. Beat again. This makes brown layer. Place on top of white layer. Decorate with strawberries for serving.

BESSIE ASAROV.



## MARSHMALLOW PUDDING

|                     |                        |
|---------------------|------------------------|
| ½ lb. Marshmallows  | ½ cup chopped Cherries |
| ½ cup Orange Juice  | ½ cup chopped Walnuts  |
| 1 cup Whipped Cream | 3 Egg-whites, whipped  |

**Method.**—Place Marshmallows and orange juice in a double boiler, and dissolve over hot water. Remove from stove. When just cooling add whipped cream, cherries, walnuts and whipped egg whites.

Place in attractive bowl. Chill. Decorate before serving (optional).

BESSIE ASAROV.



## APRICOT RUSSE

|                            |                             |
|----------------------------|-----------------------------|
| 1 tin of Apricots (2 lbs.) | ½ pint of Sweet Cream       |
| 1 tin of Condensed Milk    | 1 packet of finger Biscuits |
| Juice of 1 Lemon           | 1 Egg-white                 |

**Method.**—Drain apricots and mash through sieve. Mix pulp with condensed milk. Add lemon juice. Whip cream, but do not add. Dip biscuits into unbeaten egg-white. Line a spring-form tin with biscuits, standing them upright. Put in a layer of apricot pulp, follow with layer of cream, and continue alternately until all the ingredients are used up. Put into frig. overnight. To serve, decorate with whipped cream and strawberries, or sections of fruit. Serve on base of tin.

**Note.**—For special party occasions, tie an attractive ribbon round Apricot Russe before serving.

BESSIE ASAROV.

Notes

357

## FIVE CUP DESSERT

**Method.**—Combine 1 cup of each of following ingredients, in order listed:—Left-over cooked rice; canned crushed pineapple; quartered marshmallows, chopped walnuts; sweet cream, whipped. Serve in individual glasses.

VIOLET WITTERT.

★ ★ ★

358

## REGAL CHOCOLATE PUDDING

|  |                         |
|--|-------------------------|
| 1 teaspr. Gelatine                         | 1 tablespoon cold Water |
| 4 ozs. Plain Chocolate                     | 1/4 cup hot Water       |
| 1/2 cup Sugar, 1/4 teaspr. Salt            | 4 Eggs, separated       |
| Approximately 2 pkts. Lady Finger Biscuits | 1/2 cup Cream           |
|  | 1 teaspr. Vanilla       |

**Method.**—Soften gelatine in cold water. To chocolate add sugar, salt and hot water; blend. Add gelatine; blend. Add to beaten yolks; cook 2 minutes. Add vanilla, cool. Fold in stiffly beaten whites, chill. Whip cream and fold in. Use sufficient lady fingers to line bottom and sides of mould. Cover bottom with thin layer of chocolate mixture, then alternate lady fingers and chocolate mixture. Chill in refrigerator until firm. Unmould. Serves 12.

ANONYMOUS.

★ ★ ★

359

## STRAWBERRY CHIFFON PIE (\*Parava)

|                                      |                              |
|--------------------------------------|------------------------------|
| 1 tray fresh Strawberries            | 1 teaspoon Lemon Juice       |
| 4 Eggs, 3/4 cup Sugar                | 1 1/2 cups boiling Water     |
| 1 pkt. Strawberry or other red Jelly | 1/4 lb. pkt. Finger Biscuits |

**Method.**—Line a deep pie-dish with finger biscuits and strawberries. Dissolve jelly in boiling water. Cool. Beat yolks and 1/2 the sugar very well, till spongy. Add juice; steam in double cooker for 5 minutes. Add to jelly. Beat whites and remaining sugar to fluffy meringue. Fold into cooled jelly mixture. Pour over biscuits and strawberries. Chill 1 hour. Decorate with strawberries.

ANNE TOLLMAN (Durban).

★ ★ ★

360

## HONEYCOMB CREAM

|                               |                     |
|-------------------------------|---------------------|
| 1 dessertsp. Gelatine         | 3 tablespoons Sugar |
| 1 1/2 large cups Milk, 3 Eggs | Flavouring          |

**Method.**—Boil milk, sugar, beaten egg and flavouring in top of double boiler. Remove from stove, add softened gelatine and stiffly beaten whites. Set in mould.

RAE FANAROFF.

★ ★ ★

361

## PRUNE PUDDING (\*Parava)

|                       |                     |
|-----------------------|---------------------|
| 1/2 lb. stoned Prunes | 2 tablespoons Sugar |
| 2 cups Water          | 4 Egg Whites        |

**Method.**—Boil prunes with water and sugar to a pulp. Beat egg whites stiffly and add to cooled pulp. Bake at 300° till set (about 15 to 20 minutes). Cool and serve with custard.

DEBORAH JUDES.

362

## GRANADILLA WHIRL (\*Parava)

**Method.**—Heat 2 cups water and  $1\frac{1}{2}$  cups sugar. Add juice of 24 granadillas. Stir. Leave to simmer. Mix 3 tablesp. cornflour with a little water, pour in, and simmer, stirring constantly. When thickened, strain. Mix in  $\frac{1}{2}$  pkt. lemon jelly. Cool. Fold in 4 beaten egg whites. Chill. Decorate.

Notes

ZERNA RUBIN.

363

## ZABIONE (FROZEN PUDDING)

|  |  |
|--|--|
| 4 Egg yolks, 4 tablesp. Sugar                  | 1 $\frac{1}{2}$ dessertsp. Gelatine, dissolved in little boiling Water |
| 4 tablesp. Marsala or sweet Sherry, Pinch Salt | 1 pkt. Boudoir Biscuits or Sponge Cake                                 |
| $\frac{1}{2}$ pint whipped Cream               |  |

**Method.**—Beat yolks and sugar till very light and almost white. Add salt and Marsala; mix thoroughly. Pour into double-boiler; beat incessantly till mixture thickens and rises. Do not boil when cool, fold in cream and gelatine. Fill serving dish with alternate layers of Zabione and cake or biscuits soaked in Marsala. Set in frig. several hours before use. Decorate with whipped cream and glacé cherries.

Note.—Mixture can be used for pudding or ice cream (see Zabione Recipe in "Ice Cream Section.")

BENEDICTA BONACCORSI.

364

## DELIGHTFUL CHOCOLATE PUDDING

|  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ lb. slab Plain Chocolate | 3 or 4 tablespoons Sugar       |
| 1 dessertp. Gelatine                   | 1 teaspoon Vanilla Essence     |
| 3 Eggs                                 | $\frac{1}{2}$ pint sweet Cream |

**Method.**—Mix yolks well with sugar. Whip cream and add to mixture. Add vanilla and melted chocolate. Fold in stiffly-beaten egg whites and finally add gelatine dissolved in a tablespoon of boiling water. Mix thoroughly. Set. Ready to serve in a couple of hours.

ASNE NATHAN.

365

## SNOW SEMOLINA PUDDING (\*Parava)

|                 |                           |
|-----------------|---------------------------|
| 1 tea cup Sugar | 2 tablespoons Semolina    |
| 2 cups Water    | Juice and rind of 1 Lemon |

**Method.**—Boil sugar with finely grated lemon rind and water. Mix semolina to a smooth consistency with a little water. Add it to the sugar syrup, and boil 5 minutes. Turn into a large basin or electric mixer, add the lemon juice, and beat for 20 minutes. The beating is most important, as it makes the mixture light and white like snow. Serve cold.

DEBORAH JUDES.

366

## ORANGE CUSTARD (\*Parava)

|                           |                           |
|---------------------------|---------------------------|
| 2 large cups Orange Juice | 1 pkt. Yellow Jelly       |
| 1 large cup Water, 2 Eggs | 1 tablesp. Custard Powder |

**Method.**—Take  $\frac{1}{2}$  cup water or juice and mix in jelly and custard to smooth paste. Bring remaining juice and water to boil. Add mixture, and sugar to taste, and boil another 5 mins. Remove from the fire and add well-beaten yolks. Cool; add stiffly-beaten whites. Mould and set.

DOLLY MADI.

Notes

## 367

## ORANGE DELIGHT (\*Parava)

|  |                             |
|--|-----------------------------|
| 1 pint Orange Juice                                | 2 Egg Whites                |
| Extra juice of 1 Orange                            | 2 dessertsp. Custard Powder |
| 1 cup Sugar (according to<br>sweetness of Oranges) |                             |

**Method.**—Boil pint of orange juice and sugar. In a basin, mix custard powder with juice of an orange to a smooth paste. Pour boiling orange juice slowly on to smooth paste, stirring all the time. Put back into saucepan and stir over slow heat, until thick. When cool, fold in stiffly beaten egg whites.

ESTHER SORESON.

★ ★ ★

## 368

## MULBERRY PUDDING (\*Parava)

|                                |                                       |
|--------------------------------|---------------------------------------|
| 2 cups Mulberries              | 2 cups Water, $\frac{1}{2}$ cup Sugar |
| 1 pkt. Jelly or 1 dessertspoon | Lemon Juice                           |
| Gelatine in a little water     | Wine if desired                       |

**Method.**—Boil mulberries and water for 5 minutes and press through coarse strainer. Add sugar and re-heat. Add jelly or gelatine and stir until dissolved. Add lemon juice to taste, and a little wine if desired.

DAPHNE WUNSH.

★ ★ ★

## 369

## RUM PUDDING

|                                   |  |
|-----------------------------------|--|
| $\frac{1}{2}$ pint sweet Cream    | 1 tin Pears, 2 Egg Whites                                    |
| 1 $\frac{1}{2}$ tablespoons Sugar | 1 dessertspoon Gelatine dis-<br>solved in a little hot water |
| 1 tablespoon Rum                  |  |

**Method.**—Whip cream until thick add beaten whites, rum, sugar and a little pear juice. Then add dissolved gelatine. Cut pears in slices and place a layer in a glass bowl, then a layer of mixture, and so on, ending with the mixture. Set and decorate as desired.

STELLA SEIGEL.

★ ★ ★

## 370

## QUICK PINEAPPLE PUDDING (\*Parava)

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 large Pineapple, grated<br>finely | $\frac{1}{2}$ cup Sugar             |
| 2 cups Water                        | 1 heaped tablesp. Custard<br>Powder |

**Method.**—Boil the first three ingredients together for 10 minutes. Mix 1 heaped tablespoon custard powder in less than a cup of water. Add to the above mixture, and cook 5 minutes more, stirring all the time. Pour into a glass dish and allow to set.

DEBORAH JUDES.

★ ★ ★

## 371

## GINGER GLORY

|                             |                      |
|-----------------------------|----------------------|
| 2 tablesp. Preserved Ginger | 2 pkts. Ginger Snaps |
| 1 small coffee cup Sherry   | 1 tin Condensed Milk |
| 3 dessertsp. Water          | 2 tablesp. Walnuts   |

**Method.**—Boil tin of milk in water 3 hours. Arrange alternate layers of biscuits (moistened but not soaked in the water), slightly cooled milk, nuts, chopped ginger, some ginger juice, ending with biscuits. Pour sherry over top. Chill. Decorate with whipped cream. Serves 12.

CAROLINE MADUMO.

Note.—For less rich pudding, use  $\frac{1}{2}$  tin condensed milk.

372

## BANANA CREME

Notes

|                      |                            |
|----------------------|----------------------------|
| 1 packet Red Jelly   | Little Sugar               |
| 4 or 5 large Bananas | 1 cup sweet Cream, whipped |

**Method.**—Make a jelly according to directions on packet, and allow to cool until half set. Mash and sieve the bananas. Add bananas, cream and a little sugar to taste to the half-set jelly. Whip all together and allow to set.



373

## APRICOT CREME

|                      |                            |
|----------------------|----------------------------|
| 1 pkt. Yellow Jelly  | 1 cup sweet Cream, whipped |
| 1 large tin Apricots |                            |

**Method.**—Exactly as for Banana Creme, but use the Apricot juice as portion of the liquid for dissolving the jelly.



374

## PARAVA CREMES

**Method.**—Either Banana Creme or Apricot Creme can be made  
\*Parava by using 2 stiffly-beaten egg-whites in place of whipped cream.

VIOLET WITTERT.



375

## FAIRY FOAM (\*Parava)

|                        |                             |
|------------------------|-----------------------------|
| 2 breakfast cups Water | 2 stiffly-beaten Egg Whites |
| 1 breakfast cup Sugar  | 1½ Lemons                   |
| 1½ tablespoons Maizena |                             |

**Method.**—Boil water and sugar together. When boiling, add Maizena mixed with a little cold water. Bring to boil, boil slowly for 5 mins., stirring all the time. Remove from fire and add egg whites. Lastly add juice of 1½ lemons. Set in a glass dish.

**Note.**—More lemon juice can be added if necessary. Taste and judge quantity according to size of lemons used.

VIOLET WITTERT.



376

## LEMON SPONGE (\*Parava)

**Method.**—Dissolve 1 tablespoon Gelatine in ½ cup warm water. Beat yolk of 4 eggs for 10 to 15 minutes. Add 5 ozs. sugar gradually, beating again. Add juice of 3 lemons and rind of 1 lemon. Lastly, add stiffly beaten whites. Set in fridge. Decorate with cherries or as desired.

RAZELLE HIRSHOVITZ (Durban).



377

## ORANGE SPONGE (\*Parava)

**Method.**—Melt 1 red jelly in 1 cup boiling water. Add 2 beaten yolks. Add 3 cups orange juice, and ½ cup sugar. Beat 2 whites and ½ cup sugar to stiff meringue and fold into mixture. When set, decorate with sliced oranges and cherries.

ENEZ WEINWRONK (Port Elizabeth).

## Notes

**378****PINEAPPLE DREAM**

1 packet Pineapple Jelly      1 block of Ice-Cream  
 1 cup boiling Water      1 tin Pineapple Chunks

**Method.**—Dissolve jelly in boiling water. Stir well. While hot, add ice-cream. Put into frig. Remove when not quite set; add pineapple. Beat well. Place in frig. again. 1 hour later, beat again. Leave in frig. until ready to serve.

BESSIE ASAROV.

★      ★      ★  
**APRICOT DREAM**

**Method.**—Proceed as above, substituting sieved canned drained apricots for pineapple. Mould as pudding, or freeze.

VIOLET WITTERT.

**380****PINEAPPLE PUDDING**

**Method.**—Grate 2 pineapples, add 2 cups boiling water. Boil 5-10 mins. Dissolve 1 jelly in 1 cup boiling water. Mix in beaten yolks of 2 eggs. Add to pineapples. Beat whites stiffly, add 2 tablespoons sugar, beat well. Fold into cooled mixture.

TILLY LEE.

★      ★      ★

**"QUICKIES"**

"No time for an elaborate pudding? Don't worry; try a Quickie!"

**381**

**POLKA DOT PUDDING.**—Prepare "Instant" Vanilla Pudding as directed on package. Fold in 6 ozs. coarsely grated or chipped slab chocolate.

**382**

**BERRY FLUFF.**—Crush and chill any cleaned berries (strawberries, raspberries, etc.). Beat 1 egg white stiffly; beat in  $\frac{1}{3}$  cup sugar. Add crushed berries. Serve in parfait glasses.

**383**

**BERRY CREAM FLUFF.**—Use whipped cream in place of egg in above recipe. Top with dessicated coconut.

**384**

**GRANADILLA MOULD.**—Beat up thoroughly,  $\frac{1}{2}$  cup granadilla pulp with every  $\frac{1}{2}$  cup cooled custard. Mould and set.

**385**

**APPLE JOY.**—Mix stewed apple pulp with granadilla pulp. Add sugar, lemon juice, and rind to taste. Set in 1 pkt. jelly.

**386**

**QUICK BUTTERSCOTCH PIE.**—Spread jam on ready baked pie shell. Fill with "Instant" Caramel or Butterscotch pudding, made according to directions on package. Top with any canned or fresh fruit, and whipped cream (optional).

**387**

**POACHED EGG WHIRLS.**—Arrange slices of Swiss Roll on platter. Place half canned Apricot in centre. Pipe uncooked meringue all round.

**388**

**GRANADILLA WHIP.**—Whip together 10 granadillas, 1 pkt. yellow jelly dissolved in 1 cup boiling water, and  $\frac{1}{2}$  tin condensed milk, adding by degrees 8 cubes crushed ice. Chill.



## Notes

**395****"QUICK" ICE CREAM***½ pint sweet Cream**3 Eggs, 3 tablesp. Sugar*

**Method.**—Whip cream, whites and yolks separately, then all together, adding sugar, and flavouring to taste. Freeze.

VIOLET WITTERT.

★ ★ ★

**396****"EASY" ICE CREAM***1 tin Condensed Milk**1 teasp. Vanilla, 1 pint Milk*

**Method.**—Mix all ingredients together well, and put in refrigerator tray to freeze. After one hour, stir well, and replace to freeze.

DORA SMITH.

★ ★ ★

**397****MULBERRY SHERBERT (\*Parava)***2 pints Mulberries (mashed) Grated rind and juice of Lemon**2 cups Water, 2 cups Sugar 2 tablesp. Gelatine**Grated rind of Orange 4 Egg Whites*

**Method.**—Boil water and sugar 10 minutes. Add other ingredients, the gelatine first dissolved in a little cold water. Freeze. Take out, stir well, add well-beaten whites, beat all well together. Freeze.

DAPHNE WUNSH.

★ ★ ★

**398****ZABIONE ICE CREAM**

**Method.**—See recipe for Zabaione Frozen Pudding No. 363 but omit gelatine and biscuits, and add stiffly beaten whites. Beat occasionally during freezing.

BENEDICTA BONACCORSI.

★ ★ ★

**399****"VELVETY" ICE CREAM***1 tablespoon Maizena, or custard powder or flour, mixed to a smooth paste with a little cold Milk**6 tablesp. Sugar, 1 pint Milk  
2 separated Eggs  
1 dessertspoon Vanilla  
½ pint sweet Cream, whipped*

**Method.**—Bring milk and sugar to boil, pour it over the Maizena, add well-beaten yolks; return to stove, stirring constantly over low heat till mixture thickens. Add vanilla. Cool. Add well-beaten whites. When cold, put in freezer, which has been turned to coldest temperature well beforehand. When half-frozen, mix very thoroughly with the cream. Replace in freezer, mix through once more during freezing process. Keeps at least a week.

VIOLET WITTERT.

# SALADS and SALAD DRESSINGS

400

## CABBAGE SALAD

**Method.**—Shred cabbage very finely. Rub salt through and squeeze tightly till moisture is out. Squeeze a little lemon juice over, add sugar to taste. Add mayonnaise and mix. Separate in two, mix one half with tablespoon tomato sauce, or stronger if preferred. For serving, line salad bowl with the green salad, place red-coloured salad in centre.

SOPHIE COHEN.

★ ★ ★

401

## TOMATO AND BEAN SALAD

|                            |                                       |
|----------------------------|---------------------------------------|
| 4 Tomatoes                 | $\frac{1}{2}$ cup finely chopped Nuts |
| 1½ cups cooked Beans       | 2 tablespoons chopped Celery          |
| 1 tablesp. chopped Parsley | Salt and Pepper                       |
| 1 small Onion (grated)     |                                       |

**Method.**—Cut a slice from top of tomato and remove pulp. Mix other ingredients and add mayonnaise. Fill tomato cases and pour more dressing over top.

BECKY MYERS.

★ ★ ★

402

## RUSSIAN SALAD

**Method.**—Mix together equal quantities of cooked diced carrots, cooked or tinned green peas, diced raw pineapple, and diced raw apple. Mix together well with sufficient mayonnaise to cover all the ingredients thoroughly but not to make them sodden. If liked, a little sour cream may be mixed with the mayonnaise.

VIOLET WITTERT.

★ ★ ★

403

## PEAR SALAD

|                           |                           |
|---------------------------|---------------------------|
| 1 large tin Pears         | Little grated Onion       |
| 1 cooked Beetroot (diced) | Grated Carrot             |
| ½ Pineapple, Lettuce      | Little Celery, Mayonnaise |

**Method.**—Drain the pears, and scoop out centres. Dice, and mix well with other ingredients. Pile into the pear shells. Place in bed of lettuce and garnish with parsley.

Note.—Canned peaches may be used in the same way.

BECKY MYERS.

★ ★ ★

404

## MAYONNAISE

|                       |  |
|-----------------------|--|
| 2 tablespoons Butter  | Pinch of Cayenne Pepper                  |
| 2 yolks of Eggs       | $\frac{1}{2}$ teaspoon Mustard           |
| 2 dessertspoons Flour | 1½ cups Milk                             |
| 2 tablespoons Sugar   | $\frac{1}{2}$ cup Vinegar or Lemon Juice |

**Method.**—Melt butter in double cooker. Beat yolks of eggs very well and mix in dry ingredients. Pour into melted butter, stirring briskly, and add milk. Stir over boiling water until thick like a custard, then add  $\frac{1}{2}$  cup vinegar or lemon juice. Leave to cool, then bottle.

SOPHIE COHEN.

## Notes

**405****PINEAPPLE SALAD**

**Method.**—Mix diced pineapple, cooked greenpeas, sliced bananas. Add mayonnaise. Either peas or bananas may be omitted. If pineapple is too sharp, sweeten first with a little sugar.

GERTRUDE HARVEY COHEN.

★ ★ ★

**406****BANANA—GRAPE NUTS SALAD**

**Method.**—Cut halved bananas in fairly large pieces. Toss in lemon juice; coat with grapenuts.

VIOLET WITTERT.

★ ★ ★

**407****MAYONNAISE**

|                           |                                 |
|---------------------------|---------------------------------|
| 2 Eggs, 3 teaspoons Sugar | 2 tablespoons Vinegar           |
| 1 teaspoon Mustard        | 1 teasp. Salt, 4 tablesp. Water |

**Method.**—Beat eggs very well. Add mustard, sugar and salt. Then add vinegar and water. Put into double cooker for 5-10 minutes and stir constantly until thick.

RAZELLE HIRSHOVITZ (Durban).

★ ★ ★

**408****CABBAGE SALAD**

|                                 |                         |
|---------------------------------|-------------------------|
| 1 small Cabbage                 | 3/4 cup Sweet Cream     |
| 1 teaspoon dry Mustard          | 2 tablespoons Vinegar   |
| 1/2 teasp. Pepper, 1/4 cup Salt | Sugar and Salt to taste |

**Method.**—Shred cabbage very finely. Put into basin; sprinkle with salt. Cover with cold water. Leave about 2 hours. Drain and wash well. Add all seasoning to cream; mix well. Blend with cabbage.

B. ROSTOWSKY.

★ ★ ★

**409****RED CABBAGE SALAD**

**Method.**—Slice very hard cabbage very finely with bean slicer. To small jar mayonnaise add 4 tablespoons sweet cream, salt, sugar, and vinegar to taste. Mix well, toss lightly in cabbage. A white cabbage may be used in place of red.

ETTYE COHEN.

★ ★ ★

**410****AVOCADO PEAR SALAD**

|                               |                         |
|-------------------------------|-------------------------|
| 1 Avocado Pear, 1 teasp. Salt | 2 tablesp. Lemon juice  |
| Sliced Pineapple              | 4 tablesp. Water, Sugar |
| 1/4 teaspoon Pepper           |                         |

**Method.**—Cut pulp of Avocado into small pieces; cube pineapple (have more avocado than pineapple). Mix remaining ingredients and toss the fruit in this juice. Arrange on crisp lettuce leaves. Garnish with finely-grated carrots.

RAZELLE HIRSHOVITZ (Durban).

★ ★ ★

**411****LUNCHEON SALAD**

**Method.**—Mix 1 cup of diced cold potatoes, 1/2 cup diced apple, 1/2 cup diced celery, 1/2 cup sliced banana (if dipped in lemon juice banana and apple will retain their colour), 1 grated carrot, 1/2 cup mayonnaise, 1/2 cup lemon juice. To this can be added 1 cup diced meat, chicken or flaked fish.

BECKY MYERS.

412

## NOVEL CABBAGE SALAD

**Method.**—Shred a cabbage finely. Grate 1 pineapple, 2—3 sweet carrots. Mix together. Add a good pinch salt and sugar to taste. Add juice of 1 or 2 oranges to taste. Add 4—5 tablesp. mayonnaise. Make at least 1 hour before serving.

DAWN COHEN.



413

## GRANADILLA CABBAGE SALAD

**Method.**—Proceed as above but substitute about 6 granadillas for grated carrots. Omit orange juice. Mayonnaise optional.

GERTRUDE HARVEY COHEN.



414

## APPLE RELISH

|                        |                               |
|------------------------|-------------------------------|
| 2 cups diced Apples    | 3 dessertsp. raw minced Onion |
| ½ cup seedless Raisins | ¼ cup Mayonnaise seasoning    |

**Method.**—Mix apples, raisins and onions. Toss mixture in mayonnaise; season to taste. Also nice if made with stewed apple. Serve as delicious accompaniment to cold chicken.

RAZELLE HIRSHOVITZ (Durban).



415

## CREAM CHEESE SALAD

|                      |                            |
|----------------------|----------------------------|
| 1 lb. Cream Cheese   | 1 diced Pineapple          |
| ½ cup chopped Nuts   | ½ cup cooked Green Mealies |
| ½ cup grated Carrots | Mayonnaise                 |

**Method.**—Mix ingredients and pile into bed of lettuce. Sprinkle with chopped hard-boiled egg.

BECKY MYERS.



416

## BEETROOT RELISH

|                        |                       |
|------------------------|-----------------------|
| 3 or 4 large Beetroots | 1 teaspoon Cornflour  |
| 2 tablespoons Sultanas | Vinegar, Salt, Pepper |

**Method.**—Peel boiled beetroots, and chop, or grate coarsely. Add sultanas; boil with water to cover for 15—20 minutes. Add vinegar and seasoning to taste, and thicken with about 1 teaspoon cornflour. Serve hot as a sweet vegetable, or cold as a relish for cold poultry, meat or fish.

DORA SIERADZKI.



417

## BEETROOT-APPLE SALAD

**Method.**—Dice cold cooked beetroots and raw apples. Mix with lemon juice, and a little sugar and salt to taste.

VIOLET WITTERT.



418

## HARLEQUIN SALAD

**Method.**—Mix together 2 cups shredded raw cabbage, 1 cup cooked peas, ½ cup diced cooked beetroot, 1 diced raw onion, ½ cup diced cooked carrot, salt and pepper to season highly.

BECKY MYERS.

Notes

## 419

## POTATO SALAD

4 or 5 large Potatoes  
Mayonnaise

Parsley, Seasoning  
Chopped onion (optional)

**Method.**—Boil potatoes in jackets, cool, peel, dice and season. Add onion if desired, and sufficient mayonnaise to cover thoroughly. Chill. Garnish with finely chopped parsley.

VIOLET WITTERT.

★ ★ ★

## 420

## POLISH POTATO SALAD

**Method.**—To the above basic recipe, add the following:—1 grated medium pickled cucumber; 1 long or 3 to 4 round radishes, grated; 3 or 4 finely chopped spring onions (including the green portions); and 1 chopped hard-boiled egg. Garnish with chopped parsley and another finely sliced hard-boiled egg.

VIOLET WITTERT.

★ ★ ★

## 421

## VEGETARIAN SALAD

**Method.**—Mix together 1 cup chopped dates,  $\frac{1}{2}$  cup grated carrots, 1 cup diced apple mixed with lemon juice, 1 grated cucumber, 1 sliced orange, mayonnaise. Serve on crisp lettuce. (Prunes are a good substitute for dates.)

BECKY MYERS.

★ ★ ★

## 422

## SALAD NICOISE

3 Black Olives, 3 Radishes      1 Egg, French Dressing  
3 Red Cabbage leaves      1 small Cucumber  
1/2 Green Pepper, 1 Tomato      1 teasp. Caraway Seed

**Method.**—Shred cabbage finely. Remove seeds from green pepper and dice small. Dice remaining vegetables and hard-boiled egg. Toss with caraway seeds and dressing. Serve in wooden bowl.

LUCY FRIEDLANDER.

★ ★ ★

## 423

## WALDORF SALAD

2 Ohenimuri Apples      2 sticks Celery, 1 teasp. Sugar  
1 small Pineapple      1 tablesp. Walnuts  
Juice of 1 Lemon      1 Orange & 1 Grapefruit

**Method.**—Dice apple, pineapple and celery. Mix well with juice and sugar; sprinkle with chopped nuts. Garnish with orange and grapefruit sections, and a few young celery leaves.

LUCY FRIEDLANDER.

★ ★ ★

## 424

## REAL AMERICAN CABBAGE SLAW

About 3 1/2 lbs. Cabbage      2 dessertsp. each of Salt,  
2/3 pint Cream, 1 grated Onion      Sugar, Vinegar, Lemon Juice

**Method.**—Shred cabbage very finely, pour over boiling water, drain, then chill thoroughly. Add all other ingredients and mix well.

JEANETTE COHEN.

VANITE FOR YOUR LOVELIEST LINGERIE

# VEGETARIAN, LIGHT SUPPERS or LUNCHES

425

## LENTIL CUTLETS

Notes

1 tablespoon Butter  
 $\frac{1}{4}$  cup Lentils  
 $\frac{1}{2}$  cup Water

1 tablespoon Flour  
 $\frac{1}{2}$  cup finely chopped Almonds  
 1 Egg, 1 Onion

**Method.**—Put lentils and water in steamer and cook until soft. Chop up onion very finely and fry golden brown in butter. Add flour, and when well blended add lentils that have been sieved. Add finely chopped almonds. Mix well. Add slightly beaten egg. Cook until mixture leaves side of the pan, stirring constantly. Season with salt and pepper. Shape into cutlets, fry in deep hot oil. Serve with cooked vegetables.

MAY KENTRIDGE.

★ ★ ★

## CURRIED EGGS AND RICE

RICE :

**Method.**—Boil rice in salted water until nearly soft. Place in colander and hold under fast-running cold tap until all grains are separated. Place colander with rice over pot of boiling water and cover with a lid. Allow to steam until tender.

CURRY SAUCE :

**Ingredients.**— 1 Onion; 1 Apple; 2 Bananas; 1 Tomato; 1 dessertsp. Curry Powder; 1 dessertsp. Flour; 1 dessertsp. Sugar; 1 dessertsp. Worcester Sauce; Salt, Pepper and Butter.

**Method.**—Thinly slice onions, and fry in butter until lightly browned. Skin tomato and cut in pieces. Slice bananas, cut peeled apple in small cubes and add tomato and fruit to fried onions. Mix dry ingredients, sauce and seasoning to a smooth paste with a little water, add this to onions and fruit mixture and add sufficient water gradually to bring it to the consistency of a thick sauce. Allow to simmer until fruits are cooked, stirring occasionally.

TO SERVE :

Place the rice in a pyrex dish, arrange the halved hard-boiled eggs on top of it (cut sides down) and just before serving pour the curry sauce over the top.

VIOLET WITTERT.

★ ★ ★

427

## FRENCH STYLE GREEN PEAS

1 lb. young Peas  
 2 outer Lettuce leaves  
 6 Pea Pods

1 teaspoon Sugar  
 Knob of Butter or Chicken Fat  
 Salt

**Method.**—Shell peas. Place lettuce leaves and pods in the bottom of a pot, add peas and just cover with boiling water. Add 1 teaspoon sugar, close lid tightly, and boil 10-15 minutes. Drain, put into hot serving dish, add butter or fat, sprinkle over a little salt and serve immediately.

VIOLET WITTERT.

Notes

## 428

## SAVOURY CHEESE PIE

(Light Supper or Luncheon Dish)

PASTRY SHELL:

1 cup Flour,  $\frac{1}{4}$  lb. Butter 1 yolk or 2 dessertsp. Water

**Method.**—Rub butter and flour till almost like mealie meal, but some lumps can remain. Add yolk; knead lightly into fairly stiff dough; roll from centre outwards. Line ungreased Pyrex dish deeply.

FILLING:

|                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 lb. Cheddar or Sweet Milk Cheese  | Parsley, Poppy Seed, Salt         |
| 2 or 3 Eggs, $\frac{1}{2}$ cup Milk | 1 grated Onion (fairly large)     |
|                                     | Asparagus or Anchovies (optional) |

**Method.**—Beat eggs; add milk, then other ingredients. Add asparagus and/or anchovies cut up. Pour into unbaked pie shell, sprinkle poppy seed over top. Bake at  $425^{\circ}$ , 15 minutes. Can be served with creamed spinach.

**Alternative.**—Make small tartlets in patty-pan tins and serve as a savoury for tea.

JEANETTE COHEN.

★ ★ ★

## 429

## CREAMED SPINACH

|                     |                     |
|---------------------|---------------------|
| About 6d. Spinach   | 3 dessertsp. Butter |
| 1 Onion, 1 cup Milk | 3 dessertsp. Flour  |

**Method.**—Clean spinach thoroughly, cook 4 minutes; mince. Fry onion in butter, add flour; stir till cooked. Add milk gradually; stir till cooked and creamy. Add spinach; mince again. Re-heat. Serve with Savoury Cheese Pie, hard-boiled or poached eggs, or as a vegetable.

JEANETTE COHEN.

★ ★ ★

## 430

## PIZZA ALLA NAPOLETANA

(A cocktail snack or supper dish)

BREAD DOUGH:

|                          |                                       |
|--------------------------|---------------------------------------|
| 2 cups Flour             | 2 tablesp. Olive Oil                  |
| $\frac{1}{2}$ cake Yeast | $\frac{1}{2}$ teasp. Salt, some Water |

FILLING:

|   |  |
|---|--|
| 2 ozs. Salted Anchovies, or a<br>2 oz. tin Anchovies in Oil | $1\frac{1}{2}$ lbs. canned or ripe<br>Tomatoes |
| $\frac{1}{4}$ lb. Parmesan or tasty<br>quick-melting Cheese | Origan or Nutmeg<br>Olive Oil, Salt, Pepper    |

**Method.**—Make dough as for bread. Allow to rise; punch down; knead; roll out  $\frac{1}{4}$ " thick. Put on well-oiled Swiss-roll pan (13" x 10"), or make individual discs. Cover evenly and thickly with grated cheese. Add layer of sliced tomatoes removing skin and pips. Sprinkle with salt; make lattice (as for jam tart) with anchovy strips. In each space place an olive or caper. Sprinkle with pepper and origan or nutmeg. Leave to rise. Sprinkle generously with oil. Bake at  $350^{\circ}$ . Do not allow top to dry. Cut into squares. Pop into hot oven to re-heat 10 minutes before serving (For Bread Recipe see No. 59).

BENEDICTA BONACCORSI.

## 431

## VEGETARIAN TZIMAS

Notes

No. 210, but omit brisket, and add about 1 dessertspoon vegetable fat. No. 203, but omit brisket, and add about 1 dessertspoon vegetable fat. Cook until vegetables are tender and liquid has boiled down. Add dumplings as for Carrot Tzimas, using vegetable fat in place of dripping.

AMY PERLMAN.



## 432

## CAULIFLOWER AND CHEESE

|                       |                             |
|-----------------------|-----------------------------|
| 1 medium Cauliflower  | 1/2 cup grated Cheese       |
| White Sauce made of:— | 1 teaspr. Salt, Dash Pepper |
| 1/2 oz. Butter        | 1 1/2 cups of Milk          |
| 1 tablespoon Flour    |                             |

**Method.**—Boil cauliflower in salt water. When cooked place in buttered pyrex dish with white sauce, which has been well mixed with the grated cheese, salt and pepper. Bake in hot oven for 15 minutes until brown on top.

**White Sauce.**—Melt butter, add flour, stirring constantly, then add milk and cook till smooth and creamy.

RAZELLE HIRSHOVITZ (Durban).



## 433

## INDIVIDUAL FRUIT PLATTER

|                            |                          |
|----------------------------|--------------------------|
| Cooked or Canned:          | Cream Cheese             |
| Pineapple Cubes            | Seasoning, Lettuce       |
| Peach Halves, Guava Halves | Cabbage Salad (optional) |
| Apricot Halves             | Glace Cherries           |
| Pear Halves                | Orange Slices            |

**Method.**—Arrange a bed of crisp lettuce on a plate for each person. Place a generous helping of seasoned cream cheese in centre. Top with a cherry. Place various kinds of fruit round the plate. Use any combination of fruits. The above are given as a guide. Fresh, sweet, strawberries an added attraction. Cabbage and mayonnaise salad adds distinct flavour.

Serve as a nourishing refreshing hot-weather luncheon.

GERTRUDE AND VIOLET.



## 434

## SPINACH AND EGGS

**Method.**—Cook spinach. Drain well and sieve. For 2 small cups sieved spinach, fry 1 large chopped onion in 1 tablespoon butter until lightly browned. Add sieved spinach, mix through lightly, then add 2 beaten eggs. Cook slowly for a minute or two, stirring constantly. Add more butter if too dry. Serve immediately in hot dish or on hot buttered slices of toast. If desired, omit eggs, and stir in two or three tablesp. sour cream. Mix long enough to heat the cream and serve immediately.

VIOLET WITTERT.

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# JAMS, PICKLES, PRESERVES

**435 GRAPE FRUIT MARMALADE (Excellent and Cheap)**

**Method.**—To every 1 lb. of fruit, cut up, or minced (easier), add 3 pints of cold water, and soak overnight. Boil fast till very tender. Weigh, and to every 1 lb. of juice and fruit add 1 lb. of sugar. Boil fast until it jellies. Bottle when still warm.

Ten grape fruit makes about 15 lbs. marmalade.

OLGA GUINSBERG.

## 436 GREEN FIG PRESERVE

**Method.**—Grate off skin or peel figs thinly. Cut a cross into skin at large end. Boil in water to cover, until soft. Drain and weigh. To each pound fruit, use 1 lb. sugar, 1 pint water, a little green colouring. Boil figs in syrup until dry and clear. Place singly on platter to dry.

ESTHER GORDON.

437 STRAWBERRY JAM

1 lb. Sugar

### *Juice of 3 or 4 Lemons*

1½ lbs. Strawberries

**Method.**—Clean strawberries. Put on sugar and leave overnight till sugar dissolves. Pour off juice and put on to boil for about 15 minutes. Put in strawberries and boil for 15 minutes. Add lemon juice to taste.

RAZELLE HIRSHOVITZ (Durban).

## 438 WATERMELON KONFYTT

4 lbs. Watermelon

2 level teaspoons Ginger

6 lbs. Sugar, 12 cups Water

1 tablespoon Lime

**Method.**—Peel watermelon and cut into pieces. Prick well all over and soak in lime water overnight. Wash off very well. Boil in clear water until soft. Throw off water. Make syrup with sugar, water and ginger and boil slowly until syrup has practically boiled away. Place on platters to cool.

RAZELLE HIRSHOVITZ (Durban).

## 439 WHOLE FRUIT CHERRY JAM

1 lb. *Cherries*

*A little Tartaric Acid to taste*

1 lb. Sugar

**Method.**—Remove stones by pricking centre of each cherry with a pin. Weigh the cherries, cover with the sugar, and allow to stand for 24 hours until the sugar dissolves. Pour off the juice and boil for about 15 minutes. Put in the cherries, cook for about  $\frac{1}{2}$  an hour, add tartaric acid, and cook for another 15 minutes. Cool, and when quite cold, bottle.

Note.—Do not forget to remove foam formed during cooking process.

CELIA KIRSON.

## Notes

## 440

## SYRUPS FOR CANNING

**Thin Syrup.**—Three parts water to 1 part sugar for very sweet fruits; strawberries, cherries, grapes.

**Medium Syrup.**—Two parts water to 1 part sugar for peaches, pears, guavas, apples, pineapples.

**Thick Syrup.**—One part water to 1 part sugar for acid fruits: plums, apricots.

★ ★ ★

## 441

## CANNED PEACHES

*Peaches*

*2 cups of Water to every cup  
of Sugar used*

**Method.**—Sterilise jars, rubbers and covers in boiling water. Peel and halve peaches, removing stones. Put sugar and water in a pot, and bring to the boil. Add peaches, as many at a time as the pot can hold, and boil till fairly soft. Fill the hot bottles with peaches and juice till quite full, screw on covers very tightly, turn bottles upside down to ensure there is no leakage and leave to cool.

CELIA KIRSON.

★ ★ ★

## 442

## CANNED PEARS

*Pears*

*Tartaric Acid*

*1 cup Sugar to every 2 cups  
Water, Lemon Juice*

**Method.**—Peel pears and cut in quarters or halves. Put sugar and water on to boil. Meanwhile soak pears in lemon water. Put the pears in the boiling syrup, and cook till quite soft. Add a little tartaric acid to taste. Proceed as for Canned Peaches.

CELIA KIRSON.

★ ★ ★

## 443

## FRESH CUCUMBER PICKLE

**Method.**—Wash 6 cucumbers, score skin with fork down length of cucumber. Slice thinly. Sprinkle with salt. Boil up vinegar, salt, sugar, a few bay leaves, peppercorns, and about 1 dessert-spoon mustard seed. While hot, pour over sliced cucumbers. (Should have a sweet and sour taste). Bottle.

CECELIA COHEN.

★ ★ ★

## 444

## GRAPE FRUIT PRESERVE

**Method.**—Take 7 grape fruits and cut into quarters. Remove the pulp and boil peel for 20 minutes. Pour off water, and boil peel again for 20 minutes. Pour off water and pour over cold water. When cool, peel off the rind and allow to soak overnight in a dish of fresh cold water. Take one cup orange juice (if no oranges, then 1 cup water) and six level cups sugar and boil up. Drop in the quarters and boil until very little syrup is left and the skins are clear. Place on board and double the quarters over each other. Cut up in pieces when required.

JANE SALLIS (Heilbron).

445

## ORANGE PRESERVE

Notes

**Method.**—Boil 7 large oranges in a pot of water until soft. Cool, peel off the rind only. Cut into quarters and take out the pith. Now boil together five cups sugar with three-quarter cup of water. Drop in the quartered oranges, and boil until very little syrup is left. Take out on a board and double the quarters over each other. Cool, cut into pieces and sprinkle with chopped almonds.

JANE SALLIS (Heilbron).

★ ★ ★

446

## PICKLED CUCUMBERS

**Method.**—Mix little more than  $\frac{1}{2}$  cup coarse salt with 2 small chopped cloves garlic. Add 4 bay-leaves and 6 pepper corns. Place 2 doz. medium-sized cucumbers in a pot, sprinkle the mixture over, and cover completely with boiling water. Cover with plate, and place heavy weight on top. Ready in 4 or 5 days.

BETTY ADLER.

★ ★ ★

447

## PICKLED ONIONS

|                        |                    |
|------------------------|--------------------|
| 5 lbs. Pickling Onions | 1 tablespoon Sugar |
| 1 bottle White Vinegar |                    |

**Method.**—Peel onions, soak overnight in strong salt water. Drain off. Boil vinegar with  $\frac{1}{2}$  bottle water (if too strong more water may be added), add sugar. Put onions in boiling vinegar for about 5 minutes. Bottle in jars and add a few chillies.

HELEN HARRIS.

★ ★ ★

448

## SAUERKRAUT

|                        |                          |
|------------------------|--------------------------|
| 1 firm Cabbage         | Salt, Boiling Water      |
| Vinegar diluted with a | A handful of Sugar       |
| little water           | 1 teaspoon Caraway Seeds |

**Method.**—Strip outer green leaves. Cut cabbage in half. Shred both halves very finely. Rub salt through cabbage until it becomes soft and juicy. Put into a basin. Pour boiling water over it, just to cover. Allow to stand till cool. Squeeze out all water. Sprinkle sugar over. Pour over vinegar, just to cover cabbage. Rub a little sugar together with the caraway seed. Stir through the cabbage. Put into a jar, allow to stand about 24 hours, when it is ready for use. Keep in refrigerator and use as required.

ANNIE SIMS.

★ ★ ★

449

## PICKLED SATSUMA PLUMS

|   |                             |
|---|-----------------------------|
| For each lb. of plums, use:             | 1 stick Cinnamon and a few  |
| 1 lb. Sugar, $\frac{1}{2}$ pint Vinegar | Cloves tied in a muslin bag |

**Method.**—Prick plums. Allow to stand in above ingredients for 24 hours. Then boil all together until soft, but do not allow skins to break. Bottle as for canned fruit.

ESTHER GORDON.

# BEVERAGE BUILD-UPS!

## Notes

450

## LEMON SYRUP

**Method.**—Boil water and sugar together for 10 minutes. Add acid, juice and rind. Stir well, cool, and bottle. Serve diluted with water, soda water or lemonade in proportions to taste. Makes 2 bottles.

## VIOLET WITTERT.

451

## FRENCH HOT CHOCOLATE

**Method.**—Melt the chocolate in a double boiler. Add the milk and the cream, and stir well. Add sugar to suit individual tastes. Serve hot. A delicious, nourishing drink.

## HETTYE PEPYS.

452

## TOMATO COCKTAIL

1 glass Tomato Juice      1 teaspoon Worcester Sauce  
1 dessertsp. Lemon Juice      Pinch of Salt

**Method.**—Blend all ingredients thoroughly together; chill, and serve in cocktail glasses.

453

## FRUIT CUP

|                                     |                                      |
|-------------------------------------|--------------------------------------|
| 2 cups strained Granadilla<br>Juice | 1 grated Pineapple<br>Sugar to taste |
| Juice of 12 Oranges                 | Lemonade to taste                    |
| Juice of 4 Lemons                   |                                      |

**Method.**—Mix first five ingredients together and chill thoroughly. Add sufficient lemonade to taste. If liked, claret or cherry may be added.

RAZELLE HIRSHOVITZ (Durban).

454

## FRUIT SYRUP

2 Lemons 1 pkt. Tartaric Acid  
2 Oranges, 2 lbs. Sugar 5 large cups boiling Water

**Method.**—Grate off the rind of lemons and oranges, and squeeze out the juice. Put the sugar on the juice and rind, add the tartaric acid. Pour over the mixture 5 large cups boiling water. Cover up, stir occasionally till sugar is dissolved. When cooled, strain and bottle. Granadilla juice can be added if desired. To be diluted with water when used. About 2 tablespoons to a tumbler.

DORA SIERADSKI.

# SCRUMPTIOUS SWEETS!

455

FRIANDISES (GLACÉ FRUITS AND NUTS, ETC.)

Notes

(Served with black coffee after special dinners)

## GLACÉ SYRUP:

1 cup Sugar  
 $\frac{1}{2}$  cup Water

1 good pinch Cream of  
 Tartar

## SUGGESTED FILLINGS:

(1) Whole Dates or whole stoned Prunes  
 (2) Dates or Prunes, split and filled with blanched Almonds or  $\frac{1}{2}$  Walnuts.  
 (3) Dates or Prunes, split and filled with Coloured Marzipan  
 (4)  $\frac{1}{2}$  Walnut or  $\frac{1}{2}$  Pecan Nut stuck on to small ball of Coloured Marzipan

(5) Glacé Cherry stuck on to small ball of Coloured Marzipan  
 (6) Whole shelled and blanched Almonds (3 together)  
 (7) Whole Walnuts or Brazil Nuts  
 (8) Pieces of Glacé Pineapple, Apricot, Fig, Ginger, etc.

## MARZIPAN:

2 tablesp. ground Almonds  
 2 tablesp. Icing Sugar

2 tablespoons Castor Sugar  
 1 Egg Yolk

**Method.**—Mix, knead well into firm dough, colour with colouring essences, make small shapes as desired.

**Method for complete Friandises.**—Mix sugar, water and cream of tartar in a small saucepan and stir. Boil very rapidly, but on no account stir or move saucepan about during boiling. Watch carefully. Colour will start changing to light yellow. Continue boiling rapidly and watching carefully, until syrup turns to a very light brown. Remove from stove immediately, still without stirring or mixing syrup. Drop prepared fillings in, one at a time, and lift out immediately with two forks. They will be lightly coated with the syrup. Place on a lightly oiled biscuit tin. Allow to cool, trim off any uneven edges with sharp knife, place in little fancy paper cases, and arrange attractively on serving plate.

NOTE (1)—These should be prepared shortly before required, say the same day or only a day before, as they do not keep for very long.

NOTE (2)—If you wish to make a larger quantity, do not double the syrup recipe, but rather boil up a second lot of the same quantity while you are dipping the first lot, as the syrup hardens quickly and must be handled rapidly.

RUTH WUNSH.

## Notes

INGBERLACH, PLETZLACH, TEIGLACH, AND POMMERANTZEN RECIPES WILL BE FOUND UNDER "TRADITIONAL JEWISH"

★ ★ ★

**456****COCONUT ICE**

|                        |                           |
|------------------------|---------------------------|
| $\frac{1}{4}$ cup Milk | $\frac{3}{4}$ cup Sugar   |
| 2 dessertspoons Butter | 10 dessertspoons Cocoanut |

**Method.**—Boil milk, sugar and butter for 5 minutes. Quickly add cocoanut and mix well. Divide in two portions, and colour one lot pale pink with a few drops cochineal. Spread white mixture evenly on dish, cover with pink mixture, and cut immediately.

RUTH WUNSH.

★ ★ ★

**457****CARROT AND ORANGE BALLS**

|             |  |
|-------------|--|
| $6$ Oranges | $\frac{1}{2}$ lb. Dried Apricots         |
| 3 Carrots   | $1\frac{1}{2}$ cups Sugar to each Orange |

**Method.**—Wash and boil oranges and carrots until soft. Drain off all water. Put through mincer together with apricots. Add sugar, mix and put on to boil in large saucepan for 2 hours, stirring constantly. Leave to cool, spread on board and leave overnight to harden. Roll into balls and sugar each ball.

ANNE TOLLMAN (Durban).

★ ★ ★

**458****PINEAPPLE AND APRICOT BALLS**

|                |   |
|----------------|---|
| $2$ Pineapples | $3$ Oranges and $1\frac{1}{2}$ cups Sugar |
| 1 lb. Apricots | to each Orange                            |

**Method.**—As above for carrot balls.

ANNE TOLLMAN (Durban).

★ ★ ★

**459****MARSHMALLOWS**

|                          |                           |
|--------------------------|---------------------------|
| $2$ tablespoons Gelatine | $1$ teaspoon Vanilla      |
| Water                    | $2$ cups Granulated Sugar |

**Method.**—Soak gelatine in 6 tablespoons water. Dissolve the sugar in 4 tablespoons water and boil until a little turns hard when dropped in cold water. Take off and pour over gelatine. Beat 20 minutes. Add vanilla and put into buttered pan with cornstarch very thickly sprinkled on the bottom. When firm, cut in squares and roll in powdered sugar.

RHODA LEVY.

★ ★ ★

**460****TRUFFLES**

|                                 |                                     |
|---------------------------------|-------------------------------------|
| $1$ dark Chocolate Slab, 4 ozs. | $1\frac{1}{2}$ tablesp. Icing Sugar |
| 2 Yolks, 2 tablesp. Butter      | $2$ tablesp. Rum                    |

**Method.**—Melt chocolate in double boiler. Add butter and sugar. Cook till sugar melts. Remove from boiling water. Add yolks 1 at a time; stir constantly for few mins. Add rum, brandy or liqueur. Mix well. Leave in cool place (not frig.) 12 hours. Shape into balls. Roll in Chocolate vermicelli. Store in tin.

BETTY ETKIND.

461

## MARZIPAN BALLS

Notes

8 ozs. Ground Almonds

1/2 teasp. Vanilla

8 ozs. Icing Sugar

1/2 teasp. Orange Flower Water

1 Egg

Juice of 1/2 Lemon

**Method.**—Mix and knead together. Colour as required. Shape into balls. Roll in Cadbury's drinking chocolate, or melt 4 oz. dark cooking chocolate in 1 tablesp. water (in double boiler), bring to room temperature, and dip in balls. Dry on waxed paper. Store Marzipan, wrapped in waxed paper, then in damp serviette, in frig.

BETTY ETKIND.

★ ★ ★  
HEAVENLY BLISS

2 cups White Sugar

Whites of 2 Eggs

1/2 cup boiling Water

1 teaspoon Vanilla

1/2 cup Syrup

1/2 cup chopped Nuts

**Method.**—Boil together the sugar, water and syrup until the mixture becomes crisp when dropped in cold water. Beat up whites of eggs stiffly, then add vanilla essence and nuts. Pour syrup over mixture and beat until stiff. Turn into a pan and when cold cut in squares.

RHODA LEVY.

★ ★ ★  
FUDGE

6 tablesp. Water

2 tins Condensed Milk

4 tablesp. Syrup

1 teaspoon Vanilla

1/4 lb. Butter, 4 cups Sugar

**Method.**—Put water, syrup and butter into saucepan, and heat. When dissolved add 4 cups sugar, one cup at a time. Keep stirring. When mixture starts to boil add condensed milk and boil for 15-20 mins. on low stove, stirring constantly. Remove from fire, add one teaspoon vanilla and beat for a few minutes. Pour into buttered pan and cool.

M. BERMAN (Port Elizabeth).

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# SANDWICHES and SAVOURIES

## SUGGESTIONS FOR FILLINGS

The flavourings and seasonings, which are combined with the basic fillings, must be added in quantities to suit individual tastes. Use day-old bread for best results.

### Basic Filling.

#### AVOCADO, PEAR

mashed and combined with:

#### Flavouring and Seasoning:

1. Salt, pepper, lemon juice.
2. Salt, pepper, vinegar.
3. Lemon juice, 1 or 2 teaspoons mayonnaise,  $\frac{1}{4}$  cup finely chopped salted nuts and hard-boiled egg slices (as a garnish).
4. Salt, pepper, mayonnaise.

#### CHEESE, CHEDDAR,

grated and combined with:

1. Prepared mustard.
2. Chopped pickled cucumber and mayonnaise.
3. 1 tablespoon minced onion, 2 tablespoons anchovy paste, 1 teaspoon Worcester sauce, 2 tablespoons mayonnaise (to 1 cup grated cheese).
4. Topped with thin tomato slices.
5. Topped with thin pickled cucumber slices.
6. Indian Butter.

#### CHEESE, CREAM

combined with:

1. Chopped watercress.
2. Chopped celery.
3. Finely chopped spring onions, salt and pepper.
4. Finely chopped sweet cucumber, salt and pepper.
5. Finely chopped pickled cucumber.
6. Tomato sauce.
7. Chopped sweet cucumber and radishes.
8. Chopped spring onions and radishes.
9. Chopped nuts and raisins.
10. Chopped olives, salt and pepper.
11. Grated pineapple (or topped with thin slices pineapple).
12. Thinly sliced or chopped pickled onions.
13. Thinly sliced or chopped gherkins.
14. Chopped mustard pickles.
15. Indian Butter.

#### CHICKEN,

diced (for hot savouries):

1. With well seasoned, hot thick white sauce (made with chicken stock instead of milk).
2. With chopped sautéed mushrooms and hot, well-seasoned thick white sauce (made with chicken stock).

#### CHICKEN,

minced, and combined with:

1. Salt, pepper and mayonnaise or salad dressing.
2. Sandwich spread.
3. Salt, pepper, chicken gravy (just enough to moisten).

#### CHICKEN

sliced and topped with:

1. Thin slices pickled cucumber.
2. Thin slices pickled onions.
3. Thin slices pineapple.
4. Thin slices tomato and shredded lettuce.

**EGGS.**

hard boiled, finely chopped and combined with :

1. Marmite.
2. Salt, pepper, mayonnaise.
3. Anchovette, anchovy sauce or fish paste.
4. Sandwich spread.
5. Tomato sauce.
6. Chopped anchovies.
7. Mashed sardines, salt and pepper.
8. Salt, pepper, mayonnaise and topped with sliced tomato.
9. Minced meat, chicken or fish, and chopped pickles and mayonnaise.

**EGGS.**

hard boiled, sliced and topped with :

1. Whole small sardines.
2. Thin strips anchovy.
3. Anchovy rolled round capers.
4. Thin strips pickled herring.
5. Sliced stuffed olives.

**FISH.**

cold, left-over, boned, skinned, mashed or flaked, and combined with :

1. Salt, pepper, mayonnaise.
2. Tomato sauce.
3. Chopped sweet cucumber and mayonnaise.

**HERRING.**

chopped :

1. Spread between buttered slices bread, for closed sandwiches.
2. Leave open, and garnish with any decoration enumerated in list of "Garnishes."

**INDIAN BUTTER.**  
Blend together with  
3 ozs. creamed  
butter :

1 tablesp. Mango Chutney;  $\frac{1}{2}$  teasp. curry;  
1 dessertsp. Lemon Juice; pinch Salt; pinch  
Cayenne; 1 teasp. made Mustard.

**LIVER.**  
chopped :

1. Spread between thin slices of bread and chicken fat for closed sandwiches.
2. Decorate as for open herring savouries.

**MEAT.**  
any cold left-over,  
minced and seasoned  
with :

1. Salt, pepper and moistened with a little gravy and marmite (heat the gravy and dissolve a little marmite in it).
2. Chopped mustard pickles.

**MEAT.**  
sliced (pickled,  
smoked or cold left-over roast) and topped with :

1. Thin slices pickled cucumber.
2. Thin slices pickled onions.
3. Thin slices tomato and shredded lettuce.
4. Thin slices pineapple.
5. Thinly spread tomato sauce.

**PINEAPPLE.**  
sliced and topped with :

1. Asparagus.
2. Cream-cheese, seasoned.

**SARDINES.**  
mashed, and combined with :

1. Salt, pepper and lemon juice.
2. Worcester sauce and lemon juice.
3. Tomato sauce.
4. Salt, pepper, mashed hard-boiled egg.
5. Mashed hard-boiled egg, with French dressing or mayonnaise.

**SNOEK:**  
mashed and combined with :

1. Sour cream and a little pepper.
2. Creamed butter and lemon juice.

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## "FLOWER" and FANCY GARNISHES

**Carrot Curls.**—Cut paper-thin lengthwise slices of fresh young carrots. Place in ice water until they curl.

**Carrot Daisies.**—Scrape carrot. Cut 5 triangular wedges,  $\frac{1}{8}$ " wide, out of carrot as far as core. Slice remaining carrot thinly.

**Carrot: Serrated Slices.**—Use special serrated carrot slicer, and cut rounds or lengthwise slices, in desired thickness.

**Celery Curls.**—Cut celery into 2" lengths. With very sharp knife, make 6 parallel cuts from outer edge to one-third way down. Make similar cuts at other end. Place in ice water until ends curl. (Cut only 1 end if desired.) Attractive variety: Drain curls, dip in melted butter, then in paprika, and chill.

**Cheese: Miniature Carrots.**—Make thick paste of finely grated Cheddar cheese and a little tomato sauce, or prepared mustard. Mould with fingers into tiny carrot shapes, 1" or less. Force stem of a small sprig parsley into wide end.

**Cucumber: Scored.**—Draw prongs of fork down entire length, all round unpeeled cucumber. Slice thinly.

**Peppers: Coloured Rings.**—Cut tops off green and red peppers. Remove insides. Cut outer portions into slices. Slip celery strips, asparagus, etc., through these coloured rings.

**Radish Chrysanthemums.**—Scrape outside of radish lightly to obtain light pink colour. Cut off root. Using very sharp, thin-bladed knife, cut slices down through radish, from root end to nearly stem end, as thinly as possible. Turn, and slice again at right angles to first lot of slices. Leave in ice-water, till petals open out and curl.

**Radish Fans.**—Choose red, firm radishes. Slice circles very thinly along length almost through to the other side, with the root end and stem end forming the outer circles. Place in ice water until slices open out fan-wise.

**Radish Roses.**—Choose well-shaped red radishes. With very sharp, pointed knife, cut outside layer in 6 sections from tip to nearly stem end. Loosen skin carefully with point of knife, so that sections stand out like petals. Leave in ice water until petals curl back slightly.

**Tomato Flowers.**—Turn tomato stem-end down. Using very sharp knife, cut into sections from centre of top to about two-thirds way down towards stem end. Insert point of knife gently under each section, to open them out as petals. Leave centre portion of tomato to form "inside" of flower, or remove centre and fill petals with colourful chopped vegetable salad.

**Serrated Vegetables, Fruit, etc.**—Use firm tomatoes, carrots, radishes, hard boiled eggs, oranges, etc., and work with sharp, pointed, thin-bladed knife. Make deep,  $\frac{1}{2}$ " wide, sloped incisions, alternately up and down, all round circumference, until starting point is reached. The halves will separate easily. The serrations can be cut round centre or any position above it, according to purpose and depth for which fruit or vegetable is required. If desired, pulp can be removed, and different fillings placed into serrated shells.

## CENTRE-PIECES

Centre-pieces are placed on one side, or in the centre of the Serving Platter, as a "Focal Point." They consist of colourful bases to hold small assorted savouries (e.g., cocktail onions, olives, tiny fish or cheese balls, or cubes of yellow cheese, pineapple or pickled cucumber, etc.) which are attached by means of toothpicks. The following make attractive bases:

|               |            |
|---------------|------------|
| Tomatoes      | Oranges    |
| Red Apples    | Melons     |
| Egg Plants    | Cucumbers  |
| Small Marrows | Pineapples |

An attractive variation is to scoop out the seeds of a **Serrated-halved Melon**, fill the centre with olives or stuffed olives, radish roses, etc., and use the edge as a base to hold savouries on toothpicks.

Another attractive centre piece is an **Artichoke** boiled until tender and chilled.

A most attractive "Food Point" is a **Cabbage Lady**, made by inserting a small doll into the centre of a cabbage, up to the waist, so that the leaves form a "Victorian" Dress.



## FOR THE SERVING PLATTER

In addition to "Flower" and Fancy Garnishes, and Centre-pieces, the following make attractive additional garnishes:

**Celery.**—2" Strips, stuffed with pink-tinted cream-cheese, or white cheese sprinkled with paprika.

**Cream-cheese.**—Small balls rolled in paprika, chopped olives, or chopped nuts.

**Cucumber.**—Whole gherkins, or wedges of pickled.

**Egg, hard-boiled.**—Wedges.

**Endive.**—As a "bed."

**Lettuce.**—Finely shredded, or whole leaves as a "bed."

**Olives.**—Black, green and stuffed.

**Onions: Cocktail.**—Red, green and yellow.

**Parsley.**—Small sprigs.

**Radish.**—Small whole.

**Tomato.**—Wedges.



## FOR OPEN SANDWICHES & SAVOURIES

**Beetroot**, cooked or pickled.— (1) Thin strips. (2) Small fancy shapes.

**Cream Cheese.** — Lightly-tinted with few drops colouring essence and pressed through "Star" icing tube.

**Cucumber.**—(1) Pickled  $\frac{1}{4}$  slices. (2) Gherkin slices. (3) Fresh scored slices.

**Egg, hard - boiled.** — (1) Finely-sieved yolks, or whites. (2) Sliced. (3) Paste of sieved yolk

and mayonnaise pressed through "Star" icing tube.

**Olive.**—(1) Small pieces green or black. (2) Slices stuffed.

**Onions: Cocktail.** — Slices red, green or yellow.

**Paprika.**—Lightly sprinkled.

**Parsley.**—(1) Finely chopped. (2) Tiny sprigs.

**Peppers.**—Thin strips green or red.

**Radish.**—Thin slices.

**Tomatoes.**—Small pieces of firm slices.

**ARRANGE COLOURFUL COMBINATIONS AND ASSORTED SHAPES  
FOR THE MOST ATTRACTIVE RESULTS.**

# SPECIAL PARTY SANDWICHES

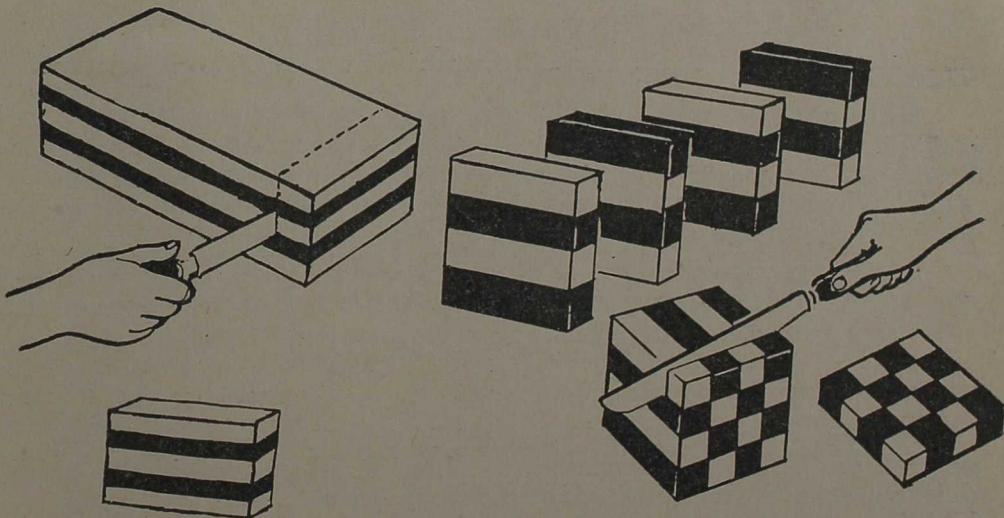
## NEAPOLITAN SANDWICHES :

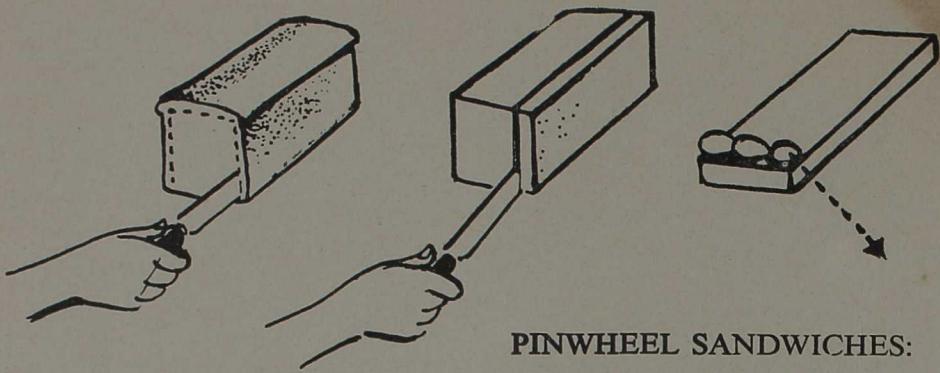
**Method.**—Cut all crusts from one white and one brown loaf. Spread bottoms with butter and filling. Cut thin slice off bottom of each. Continue process, using same or different filling each time, until you have required number of slices. Place white and brown slices together alternately with butter and fillings between. Use 3 or 5 layers according to thickness of slices. Have same colour at top and bottom. Top slice must be buttered side down. Press layers together lightly. Trim off uneven edges. Wrap in waxpaper and chill thoroughly. Slice carefully down across layers, to make  $\frac{3}{4}$ " to 1" thin strips.



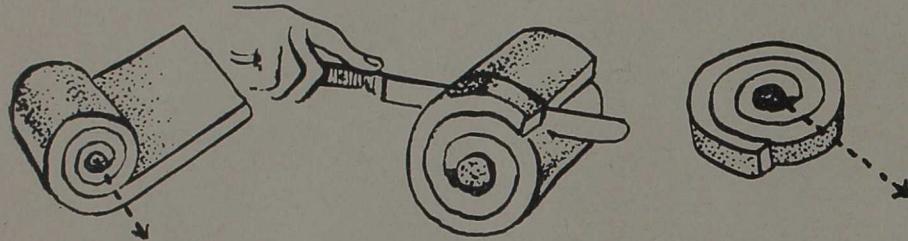
## CHECKER-BOARD SANDWICHES :

**Method.**—Prepare as for Neapolitan Sandwiches, but cut all slices  $\frac{1}{2}$ " thick, absolutely uniform. Use only 4 layers—2 white, 2 brown. Spread fillings of equal consistency, as evenly as possible. Arrange brown and white slices alternately with fillings between, and press down lightly. Chill thoroughly. Then cut this striped loaf into  $\frac{1}{2}$ " thick slices, which must be absolutely uniform. Spread these slices with butter, and the same or different fillings. Place 4 slices on top of each other, with stripes all running in same direction; but 1st and 3rd slices must be white on right edge, and 2nd and 4th must be white on left edge. Top slice must be buttered side down. Make similar stacks of remaining slices, press each firmly together, wrap in wax paper, and chill thoroughly. Then cut each stack into thin slices.





PINWHEEL SANDWICHES:



**Method.**—Cut all crusts from brown or white loaf. Spread bottom with softened butter and desired filling, which must be of soft spreading consistency. Cut slice off right across bottom, as thinly and evenly as possible. Starting at short end, roll up tightly, same as for Swiss Roll. Wrap in damp cloth and chill. Cut roll into thin slices (about 12 to 16).



FANCY-CENTRE PINWHEEL SANDWICHES :

**Method.**—Prepare long thin slice with butter and filling, as for "Pinwheel" sandwiches. Arrange row of stuffed olives, or green or red pickled onions, or small hard boiled eggs (with rounded ends cut off), end to end along short edge of slice. Starting from this edge, roll up tightly as for "Pinwheel" sandwiches. Wrap in damp cloth and chill. Cut roll into thin slices so that each "wheel" has a ring of the fancy filling in the centre.



VARIEGATED PINWHEEL SANDWICHES :

**Method.**—Cut all crusts from a white and a brown loaf. Make a filled roll as for "Pinwheel" sandwiches from the white loaf. Prepare a brown slice with butter and filling, and roll it round the white roll. Roll another prepared white slice round this roll. Wrap in damp cloth and chill. Slice thinly across roll. OR,

Place a prepared brown slice on top of a prepared white slice, and roll up the two together tightly. Chill and slice as above.



RAINBOW PINWHEEL SANDWICHES :

**Method.**—Spread about one-third of long buttered slice with one filling. Spread remainder of slice with another filling of different colour (but they must blend in taste). Roll up tightly (starting at end which has the one-third spread with first filling), wrap and chill. Slice thinly.

# TOasted SANDWICHES

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## SAVOURY TOASTED SANDWICHES

## SUGGESTED FILLINGS:

*Sardines; Eggs; minced or sliced cold Meats or Chicken; all seasoned to taste.*

*Grated Cheese  
Grated Cheese and Tomato  
Anchovy Fillets*

**Method.**—Make sandwiches with generously-spread desired filling inside. Brush both outer sides of sandwich with a little melted butter or chicken fat. Toast in electric sandwich toaster, or toast one side at a time, in an ordinary toaster, or under an open grill.

**NOVEL METHOD** (If no toaster available).—Butter (or use fat) one side only of filled sandwich; place prepared sandwiches on a biscuit tray, buttered side up. Cover with grease-proof paper; iron with a very hot iron until lightly and evenly browned. Turn, and repeat on other side.

465

## SAVOURY CHEESE STRIPS

**Method.**—Mix 1 lb. grated cheese, with 2 beaten eggs, 10 dessertspoons milk, salt, pepper, and a little grated onion to taste. Spread generously on buttered slices of toast (about 9 or 10) and bake in moderate oven about 10 minutes, till very lightly browned. Cut in strips; serve hot. For smaller quantities use 1 cup grated cheddar cheese, 1 egg, seasoning, a little cream (or milk), onion (optional).

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## AVOCADO PEAR SAVOURY

**Method.**—Mash pulp with lemon juice, salt and pepper to taste, and a very little finely grated onion. Place in small bowl, and stand in centre of a larger platter, ringed with firm potato crisps. To eat, scoop up pulp with a crisp.

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## SAVOURY SANDWICH CAKE

## CAKE :

**Method.**—Beat yolks with parsley; add well-beaten whites, and mix. Stir in flour. Put on greased and floured shallow pan; bake in hot oven until delicately browned (approx. 10 mins.). When baked, cut length-wise into 4 strips; arrange as instructed with undermentioned filling.

## FILLING:

*1/4 lb. Butter Anchovy Paste      2 tins Sardines  
2 hard boiled Eggs      1/4 lb. Spinach, cooked*

**Method.**—Cream butter. Mix one half with mashed sardines. Mix second half with minced hard boiled eggs; add minced spinach, and anchovy paste to taste. Spread fillings alternately between the four strips of savoury cake, and cover sides and top with either filling. Decorate with nuts or olives. Chill. Cut with a warm knife.



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# FIRST-AID FOR THE NEWLY-WED



To *Mrs. Newly-Wed*,

The compilers of this book welcome you into the ever-increasing ranks of housewives and hope that, with the aid of the recipes and articles in this book, you will speedily become an efficient and successful housewife and hostess. To help you over some of the earliest hurdles, we humbly offer you some useful hints and suggestions and a few reliable, simple, cooking methods.

## 1. A GOOD TEA-MAKING METHOD:

Boil freshly-drawn water. Scald teapot. Put in 1 teaspoon tea for each cup (if more than 4 cups required, add 1 additional teaspoonful). Take teapot to kettle and pour a little rapidly boiling water over the leaves. Stir once or twice, replace lid, and leave to draw about 3 minutes. Then add more boiling water for as many cups as are required. Fill a separate jug of boiling water for those who prefer a weaker brew.



## 2. HINTS FOR COFFEE-MAKING:

- (a) Use 2 level measuring tablespoons coffee to each  $\frac{1}{2}$  pint water.
- (b) Scald percolator or coffee pot before using.
- (c) Start with freshly-drawn cold water.
- (d) Coffee must NOT be allowed to continue boiling, so serve as soon as possible after making. If it must stand, place the percolator in pan of hot water or over very low heat.

**Vacuum Method in Double Glass Bowl:**

- (a) Place cold water in lower bowl and bring to boil.
- (b) Insert top bowl with measured amount of coffee.
- (c) Lower heat, allow water to rise into top, stir well, leave three minutes, remove from heat, and serve at once.

**Percolator Method:**

- (a) Bring cold water to boil.
- (b) Add basket with measured coffee.
- (c) Cover, and allow to percolate 6 to 8 minutes.
- (d) Remove basket from percolator, replace cover, and serve immediately.



## 3. COOKED PORRIDGE WITH A DIFFERENCE:

For the best results, follow directions found on individual packages. To make the dish more interesting:—

- (a) Add raisins, currants or diced dried fruits a few minutes before cooking is completed.
- (b) Top with sliced bananas, dates, peaches, strawberries or any desired fruit (fresh or stewed) just before serving.
- (c) Use honey, syrup or brown sugar instead of white sugar.



## 4. EGGS are the quickest and simplest breakfast dish to prepare and can be made in various ways, such as:—

**Boiled:** Lower new-laid eggs gently with a spoon into boiling water (add a little vinegar to prevent cracking) and allow to boil 3 minutes for soft, 4 minutes for medium, 10 minutes for hard.

**Fried:** Melt butter in frying pan, open egg into saucer and slip it gently into the butter, which must be very hot. Sprinkle over a little salt. With spoon, keep throwing hot butter gently over egg. Fry till set; turn if desired.

**Omelette:** Beat 1 egg per person; add a little milk or water, pinch of salt (pepper optional), and beat again lightly. Heat large nut of butter in frying pan, pour in mixture, and fry.

**Note:** To prevent omelette from becoming tough, cook over low heat, and not on overheated pan.

**Scrambled:** Beat 2 eggs. Add 2 tablesp. milk, salt and pepper. Melt 2 tablesp. butter in frying pan. Add egg, and cook slowly, stirring constantly. As soon as egg is cooked, remove from pan and serve.

**Poached:** (a) Slowly boil sufficient water to cover eggs, adding  $\frac{1}{2}$  teaspoon salt, 1 dessertspoon vinegar. (b) Break egg into saucer, slip carefully into boiling water. (c) Cook until white is set and yolk filmy (about 5 minutes). (d) Remove with egg-slice, drain, and serve on hot buttered toast. A special egg poacher is most useful. Boil water in bottom section. Lightly grease shallow cups in top section, slip eggs in carefully, cover with lid and cook until done. Loosen sides with knife, turn out on slice of hot buttered toast.

You will gradually learn to make variations with your egg dishes by additions of other foodstuffs such as cheese, mushrooms, tomatoes, fried onions, left-over fish and meats, spinach, etc.



## 5. PREPARATION OF FISH:

As soon as your fish arrives, wash it thoroughly under cold running water, allow surplus water to drain off in a colander, dry well in a clean cloth, sprinkle with salt, and place in the refrigerator between 2 plates until you are ready to cook it.



## 6. FRIED FISH AND CHIPS:

**Fried Fish:** Heat fish oil (about  $\frac{1}{2}$ " deep in pan) until faint blue haze rises. In the meantime, using 2 forks, coat each slice lightly but thoroughly with flour, shaking off surplus. Dip into well-beaten, slightly seasoned egg, and allow surplus egg to drip off. Place gently into pan containing very hot fish oil. Great care must be taken to prevent boiling oil from splashing. Fry until golden brown on one side, turn carefully

with 2 forks and continue frying until second side is brown. Lift gently with fish slice, allow surplus oil to drip off into pan, and place to drain on clean brown paper.

**Chips:** Slice potatoes about  $\frac{1}{2}$ " thick and cut into finger lengths. Dry thoroughly on clean cloth. Heat deep oil in pan until blue haze rises. Place few chips in frying basket, gently lowering into fat, and fry till golden brown. Lift out basket, shake off surplus fat and turn chips on to clean brown paper to drain. Repeat until all are fried. Sprinkle lightly with salt.

If no frying basket available, heat oil in pan to about  $\frac{1}{2}$ " depth. Place chips in hot oil and turn occasionally until all are evenly browned. Lift out with fish slice, drain off surplus oil, place on clean brown paper to drain, and sprinkle with salt.

Chips can be "parboiled" before frying if desired. This makes the inside fluffy and the outside crisp.



**7. BASIC VEGETABLE SOUP:** See Recipe No. 171. Follow instructions carefully, and when done serve it as follows:

- (a) With the pieces of vegetables floating in it.
- (b) With the vegetables sieved through strainer to thicken the soup.
- (c) Strained, and served clear, with a Soup Accessory, e.g.,
  - (a) Lokshen, Recipe No. 221
  - (b) Farfel, Recipe No. 221.
  - (c) Mandelach, Recipe No. 236
  - (d) Kreplach, Recipe No. 233
  - (e) Perogen, Recipe Nos. 218 and 219.
  - (f) Kneidlach, Recipe Nos. 238, 239 and 240.
  - (g) Toasted Croutons (see "Useful Cooking Terms.")



#### 8. CUTS OF MEAT:

Choose your cut and decide by what process you are going to cook it. If you are a Jewess, you will naturally "kosher" your meat first, as explained in "Ten Commandments for the Kosher Kitchen." If you are a non-Jewess, you do not require such elaborate preparations and need only wipe your meat very thoroughly with a clean damp cloth.



**9. GRILLS, OVEN-ROASTS, POT-ROASTS or STEWS** are simplest for a start.

**Grilled Lamb Chops or Steak:**—Season chops or steak on both sides with salt and pepper. Brush lightly on both sides with melted fat or oil. Place on greased grid-iron over a dish into which juices can drip. Place

high up in oven, directly under very hot top element which has been pre-heated about 5 minutes beforehand. Leave oven door slightly open. Grill one side, turn and grill the other side, cooking until done as desired, "underdone," "medium" or "well-done."

**Beef Oven Roast.**—Dust meat lightly with flour, to which a little salt, pepper and ginger have been added. Place in uncovered roasting dish, on rack, with fat side up. If not sufficient fat on meat, add a few tablespoons dripping or vegetable fat on top of meat. Place in very hot oven to sear and brown quickly (temperature about 450°, for about 15 minutes). Reduce heat to about 350° and continue roasting until done. Basting is unnecessary. A very little water can be added after the searing, if desired, but it must not cover rack.

Note 1: Onion, a few bay leaves and allspice may be added if desired.

Note 2: For "underdone" roast, allow about 30 minutes to each pound. For "well-done," allow about 40 to 45 minutes to each pound.

**Roast Potatoes:**—Peel potatoes. Sprinkle with salt and pepper. Shake well to distribute seasoning evenly. Add to oven roast about 1 hour before meat is done. Baste and turn occasionally. Can also be roasted separately in deep fat.

**Beef Pot Roast.**—Fry sliced onions in some fat until brown, and remove from saucepan. Dredge beef with flour, which has been mixed with a little salt, pepper and ginger. Place in hot fat and brown gently on all sides. Replace fried onions, add a little boiling water and a few allspice and bay leaves; cover with lid, and allow to cook gently over low heat. As water boils away, keep adding more boiling water, a little at a time, to prevent burning and to form a nice brown gravy. Continue until meat is tender. Potatoes can be placed round the roast and cooked in the same gravy about  $\frac{1}{2}$  hour before meat is ready. (Pot-roasting takes about 3 to 4 hours.)

**Lamb Stew.**—Cut 1 lb. lamb (preferably from shoulder) into small pieces. Place in heavy saucepan, cover with 2 to 3 cups of water and a little salt and pepper. Simmer very slowly about  $1\frac{1}{2}$  hours. Dice 2 or 3 small onions, 3 medium carrots, 1 medium turnip, and cut 3 medium potatoes in half. Add to meat, together with  $\frac{1}{2}$  cup of green peas. Cook very slowly until meat and vegetables are tender. Pour off some of the liquid and add it slowly to about 1 tablespoon of flour which has been mixed to a smooth paste with a little cold water. Stir until mixture boils and combine with meat and vegetables.

Note: For **Brown Stew**, first fry the onions in a little fat, remove from pan, dust meat lightly with seasoned flour and brown on both

sides. Put meat and fried onions in saucepan with 2 to 3 cups of water, and then proceed exactly as for lamb stew, but omit flour thickening at end.

**Stewed Steak in Casserole.**—Brown onions and steak as described for Brown Lamb Stew. Place meat in casserole with fried onions on top. Add  $\frac{1}{2}$  cup green peas, 2 or 3 diced carrots, 1 diced turnip, and top with 2 or 3 medium potatoes sliced  $\frac{1}{2}$ " thick. Mix about 2 teaspoons gravy powder with sufficient cold water to cover completely all the ingredients. Pour this liquid into the pan where meat and onions were fried. Add seasoning to taste and stir until it starts to boil then pour it over the ingredients in the casserole. Cover and leave in moderate oven (about  $350^{\circ}$ ) for about 2 hours or until meat is tender. Serve in the casserole.



**10. THE "SWEETS" COURSE.** This, of course, is the most exciting part of the meal. From our selection of **Hot Puddings** and **Cold Puddings** you cannot fail to please and delight both your family and your guests. **Study the "Quickies" (page 134). You may need one in an emergency.**



**11. ICE CREAM or A FRUIT ICE** is a delightful summer dessert, particularly when entertaining. Our Ice Cream Section includes a few simple but interesting recipes for the beginner. **Baked Alaska** (Recipe No. 351) is a far more simple recipe than you suspect. Try it some time!

**12. FOR THE TEA PARTY:**

As soon as you are comfortably settled in your new home, you will want your family and friends to visit you. What can be nicer than to have ready a supply of **Home-made Biscuits** and a **Cake** or two?

Before you start to experiment with baking, please study very carefully the following important pages in this book:—

|                           |                                 |
|---------------------------|---------------------------------|
| (a) Useful Cooking Terms  | (d) Preparations for Baking     |
| (b) Table of Measurements | (e) Technique of Biscuit-making |
| (c) Oven Equivalents      | (f) Diagrammatic Sketches       |

**13. MARGINAL NOTES:**

Do not hesitate to use your "Notes" columns. They have been specially planned for a housewife to make her own adjustments close to her recipes. They will remind you that you may require a slightly different temperature in your particular oven; what shelf to use; whether to increase or decrease seasoning according to your family's preference, etc.

We believe our book is a storehouse of information. Learn to know your way about it, and we are sure that, with perseverance and patience, you will speedily become an efficient and outstanding cook, as well as a successful all-round housewife. Do not be discouraged by an occasional failure—remember that one is learning all the time.

We wish you all the Best of Luck and many Happy Hours in your kitchen with the **INTERNATIONAL GOODWILL RECIPE BOOK**.

# HOME MAKER'S CORNER



# Flower Arrangements

(By courtesy of the "Mavis Gummer School of Flower Design,"  
Johannesburg)

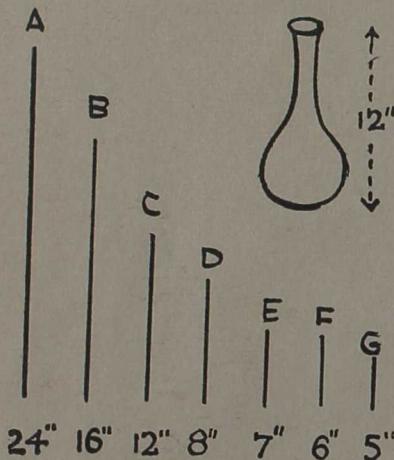
These are the basic principles of flower arrangements and are applied to all other branches of art as well.

## (a) Scale and Proportion:

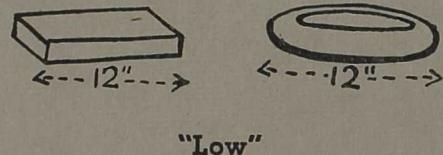
The arrangement must be in proportion to its background as well as to the container.

## (b) Rule for Containers:

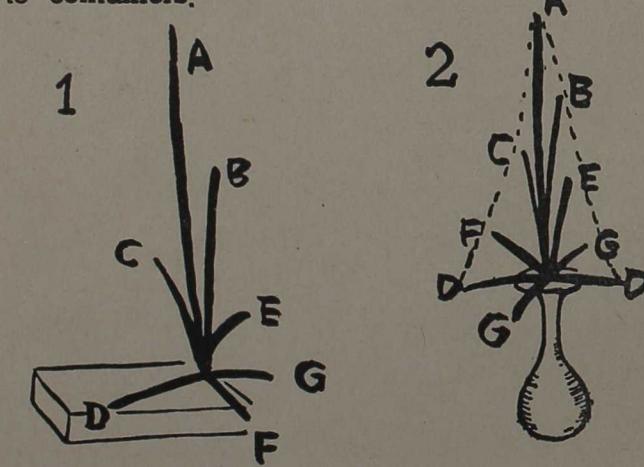
The tallest flowers, or foliage, is twice the height or width of the container.



Relative proportion of main lines to containers.



With low containers, allow  $\frac{1}{3}$  of front of bowl to show, getting colour of bowl to harmonise with flowers and foliage used in arrangement.



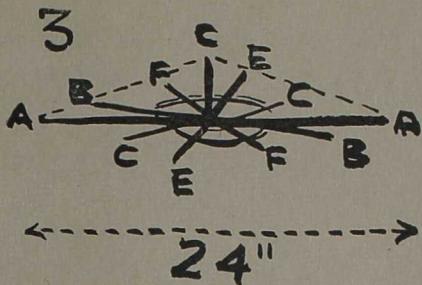
Sleek and Sophisticated.

Flowers not to extend beyond dotted line.

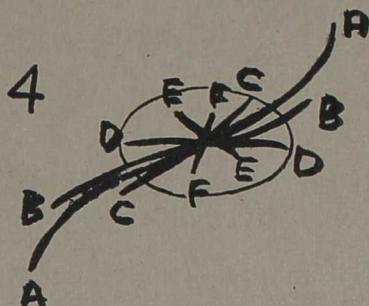
Mass.

**(c) Framework, or Outline**

In all arrangements do the frame first. Then strengthen those lines with extra flowers.



## Table Arrangements

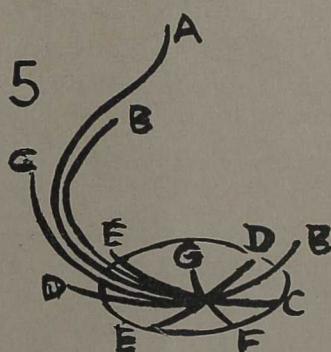


### Looking down on bowl

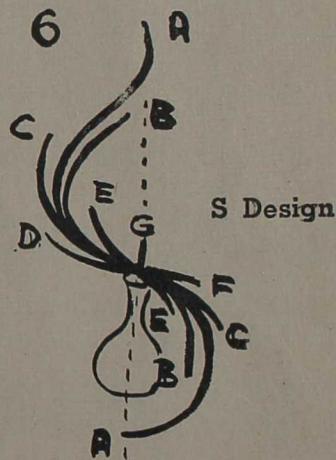
For table arrangements halve the length of A, B, C, etc., A=12", B=8", C=6", etc.

### **Colour Schemes:**

(a) Blue, mauve and pink. (b) Blue yellow with turquoise bowl, (c) Blue and orange. (d) Blue pink, rose and maroon; never just pink and maroon. (e) Yellow, yellow-orange and red; never just yellow and red. (f) Yellow and mauve, or yellow-peach and mauve. (g) Red and green. (h) Pale pink and soft green. Don't use blues and mauves for evening parties.

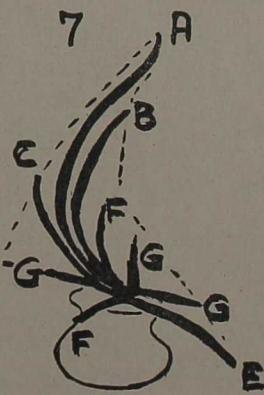


## Semi-circle



**(d) Balance**

Large and brighter flowers should be clustered at base of arrangement.



## L Design

(e) Rhythm:

The eye must flow contentedly over the arrangement with no jarring note.

# Flower Thoughts

## DON'T:

- (1) Don't work at wrong eye-level.
- (2) Don't let arrangement be in danger of toppling over.
- (3) Don't let needle-holder ever be visible.
- (4) Don't let arrangement look top-heavy.
- (5) Don't allow green foliage to lie in water, as it rots quickly and spoils the water.
- (6) Don't use unnecessary foliage.
- (7) Don't allow overlapping of flowers and leaves.
- (8) Don't cross stems high up.
- (9) Don't scatter flowers without any plan.
- (10) Don't put buds just anywhere.
- (11) Don't put heaviest colours and weights at top.
- (12) Don't let design look shallow by giving it only height and width.
- (13) Don't forget a focal point.
- (14) Don't let the rim of your container be unbroken.
- (15) Don't let your flowers die by forgetting the water.
- (16) Don't "use up" every last flower.
- (17) Don't feel satisfied without a second look when you have finished.

## DO:

- (1) Do place container where it will finally stand.
- (2) Do secure needle-holder to container with Floral Clay or plastecine.
- (3) Do cover holder with leaves, stones, bark, etc.
- (4) Do keep heavier flowers and foliage towards base.
- (5) Do strip that part of the stem that will be in water.
- (6) Do clip away any leaves that appear redundant.
- (7) Do let each flower and leaf have a purpose for being there.
- (8) Do work it so that any crossing of stems occurs near the base and is not noticeable.
- (9) Do remember that colours look better if grouped, even in mixed compositions.
- (10) Do place buds and lighter colours at top and outer sides.
- (11) Do work inwards and downwards with heavier colours and weights.
- (12) Do give it body; build depth, i.e., build from the back as well.
- (13) Do build a focal point or "bulls-eye" into your composition.
- (14) Do relate the flowers and container by letting a head or spray lie gracefully at the rim.
- (15) Do add clean water to container when arrangement is complete.
- (16) Do remember — "when in doubt—just leave out."
- (17) Do go away for a few minutes, and come back for a check over. First impressions are best!

# FLAVOURS and FRAGRANCES

(By kind courtesy of the Union of Jewish Women, Cape Town Branch)

**Almonds and Nuts.**—To obtain full flavour for cakes, etc., toast lightly in oven.

**Anchovy.**—Not only as a garnish for hors d'oeuvres but pounded finely for sauces.

**Bay Leaf.**—Add a leaf to marinades and any stew but remember to remove before serving.

**Bouquet Garni.**—A stalk of parsley, a bay leaf, a sprig of thyme—tied in a muslin bag to flavour sauces, soups and stews.

**Capers.**—Chopped for canapes, sandwiches and hors d'oeuvres as well as caper sauce.

**Celery.**—Use in soups, in braised meats and stuffed with cream cheese as an hors d'oeuvre.

**Caraway Seeds.**—For seed cakes. Also sprinkled in water for boiling potatoes and cabbage.

**Cinnamon.**—Blends well with potatoes and leaks. Delicious with stewed apples, pears and plums.

**Cloves.**—An "onion stuck with cloves" one of the best flavourings for sauces, stews and some soups.

**Curry Powder.**—Put a pinch in hot chocolate sauce.

**Garlic.**—Try it, not only rubbed round the sides of your salad bowl but also added to mutton stew (after crushing it under the blade of a knife with a little salt), to steak, and to spinach and cabbage during boiling.

**Ground Ginger.**—Rub over roast chicken or braised chicken. Try it in whipped cream.

**Lemon.**—Serve with all fried or grilled fish. Use instead of vinegar in mayonnaise; use in puff pastry, in stewed apple and in tomato juice cocktail.

**Mint.**—For mint sauce. Add when boiling peas or new potatoes. Add to fresh fruit salads.

**Mustard.**—Not only with meat but with cheese sandwiches. Spread on your bread and butter sandwiches to eat with that hard boiled egg at your next picnic.

**Nutmeg.**—Grated for mashed potatoes or boiled squash. Sprinkle over that delicious "melk tert."

**Parsley.**—Use stems for making stock. Use tops, chopped finely for sauces, soup and garnishes.

**Peppercorns.**—For flavouring soups or stews, as well as for pickling herring.

**Rum.**—A teaspoon in pastry. For icings and fruit salads.

**Sage.**—In stuffings and in stews.

**Salt and Pepper.**—All food should be seasoned with these.

**Spring Onions.**—Milder than onions. Cook with green peas. Use in salads and grated in cream cheese.

**Vanilla.**—Boil pods in milk for custards and creams. Pods can be used over and over again if washed and dried.

**Wines.**—Do not confine this to cooking sherry. Try Madeira, Marsala and dry white wines.

## HOUSEHOLD (T) EASERS

**Vinegar — Important:** Mayonnaise, pickled herrings, pickles, or anything preserved with vinegar, will last indefinitely if the vinegar is boiled and cooled before use.

**Rapid Cooling:** Do not immerse dish of hot contents in bowl of ice. Rather place a dish of ice over bowl of hot food, as cool air descends while hot air rises.

**Cabbage and Cauliflower Odours** can be avoided during cooking by (1) placing a slice of bread or lemon on top; or (2) pouring a little vinegar on top of the closed lid.

**Fresh Bread:** To cut easily, use a hot knife.

**Hot Jam:** When filling jars, stand them on a folded damp towel, to prevent them from cracking.

**Jam in Pastry:** Heat jam to almost boiling point before putting on to pastry, in order to keep pastry crisp, and prevent that sodden result.

**Egg Whites** can be stored for a day or two in the fridge, in a covered glass jar.

**Heat Lemons** thoroughly before squeezing to give a larger amount of juice.

**Rolls or Beigels** may be freshened by placing in a hot oven about 10 minutes, either by (1) placing in a paper bag with top twisted closed; or (2) first moistening slightly with a little cold water.

**Peel Onions** under cold water to prevent those tears.

**Skin on Custard:** To prevent skin forming while cooling: (1) cover with a cloth; or (2) sprinkle liberally with sugar while still hot.

**Screw-top Lids** which are proving difficult may be loosened by a few sharp taps with the heel of a lady's shoe.

**Cheese** may be kept fresh by wrapping in a cloth dampened with vinegar, and stored in a cool place, but not in fridge.

**Boil rice** with a dash of lemon juice to make it whiter and to separate grains.

**Whip Cream Easily** by adding a few drops of lemon juice and chilling before whipping.

**Egg Yolks:** Left-over, unbroken yolks can be carefully slipped into boiling water and simmered until firm, to be used in sandwich fillings or garnishes.

**Soften Butter:** Cut in pieces, place in deep dish, and cover with cold water. Allow to stand 5 to 10 minutes or till soft enough to use.



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## LAUNDRY and CLEANING HINTS

**Beetroot and Wine Stains** on the table cloth will wash out more easily, if a layer of salt is sprinkled immediately on to the stain.

**Tea or Coffee Stains** in a delicate fabric can be removed by applying a few drops of glycerine. Leave on for about an hour and then rinse in cold water.

**Fat Splashes** on light-coloured clothing can be removed more easily by covering immediately with flour or baby powder, and brushing off after a few hours.

**Cleaning Ovens:** Preheat oven to 250°. Place dish of warm water with a good dash of ammonia in oven and leave at least  $\frac{1}{2}$  to 1 hour. The ammonia fumes loosen all fat deposits. Cool, and wash as usual.

**White Kid Gloves:** When washing, add a little ammonia to luke-warm water and wash gloves well. Squeeze out. Wash in another basin of warm soapy water. Do not squeeze out soap. Fold between 2 towels; dry slowly.

**Cut-Glass:** To impart a sparkle, wash thoroughly in soap-suds using an old toothbrush. Then rinse in (1) Vinegar, or (2) strong solution of washing blue and water. Polish with crumpled newspapers.

**Pressing Clothes** is made easier by using brown paper freely sprinkled with water, instead of the usual cloth.

**Flannels or Woollens:** When washing, add a tablespoonful of olive oil to final rinsing water to keep them delightfully soft.

**Cleaning Decanters.** Use 1 part coarse salt to 2 parts vinegar. Shake well, fill with warm water, and leave for a few hours.

**Stains on Floors** can be removed by scrubbing with scouring powder and a wire pot scraper.

**Washing Woollens:** Mix 1 large packet of lux with 1 large bottle meths. Close lid and leave overnight. Then add 2 oz. bottle Eucalyptus Oil. Shake well and store. Use about 2 tablespoons to a quart of luke warm water when required. Add a little vinegar to final rinse.

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# MAN

# THE

# MASTER

# AFTER ALL!



*THIS section has been compiled through the courtesy of some of the leading hotels and restaurants of Johannesburg. The recipes have been contributed by many of the best-known chefs and cuisine experts in the city.*

*The recipes have been adjusted with the permission of the contributors, where it was necessary to conform to the requirements of the kosher kitchen. Thus, chicken-fat or oil, replaces butter where cooked with meat or poultry; and best-cut steaks are listed where fillet or rump-steaks are intended.*

## **Hotel Ambassador**

(Armando Spagnolo)

**468**

### **CHICKEN AND PINEAPPLE**

Joint chicken and season. Heat 2 oz. oil in saucepan. When quite hot, add the chicken and brown lightly but quickly. Add a sliced pineapple, and a sliced celery stick, and turn from time to time until nearly tender. Remove the chicken and other ingredients, drain part of the oil, and swill the pan with a glass of red wine (or white, if preferred). Cook for a few minutes, stirring, so as to absorb all the gravy in the pan. Return chicken, etc., to pan, and leave until completely cooked.

★ ★ ★

**469**

### **BEST-CUT STEAK AND GREEN PEPPERS**

Sauté separately and gently some thin slices of steak and some sliced green peppers. Combine and cook for another few minutes until completely done.

◆◆◆

## **Chez Marianne**

(Cordon Bleu Marianne)

**470**

### **BEST-CUT STEAK A LA BORDELAISE**

Brown steak carefully on both sides (turning once only) in a small quantity of very hot oil, adding salt and pepper according to taste, only after the browning process. Mix a teasp. of Colman's mustard with red wine to a thick paste and spread on to the steak. Simmer a few minutes in the same oil. Then pour in a full tumbler of red (dry) wine. Fry separately in oil a few chicken livers and mushrooms, then add to the steak and cook five minutes only (important). The whole procedure should not take longer than 10 minutes for medium done steak, and 20 minutes for a very well done steak.

N.B.:—Clean chicken livers very carefully, eliminating all traces of yellow-green bruising, even cutting away part of the liver if necessary. This is a most important step to the success of the dish.

Preparation of Mushrooms.—Wash a few whole cultivated mushrooms under running water until no trace of sand is left. Dry on clean cloth and fry quickly in oil (5 minutes only). Squeeze the juice of a whole lemon on them whilst cooking, and then only, remove from oil and slice thinly.

★ ★ ★

**471**

### **SALADE MARIANNE**

**Dressing:** Mix together with a wooden spoon:

|                           |                        |
|---------------------------|------------------------|
| 1 tablesp. French Mustard | 2 tablesp. Lemon Juice |
| 6 tablesp. Salad Oil      | ½ teasp. Salt          |

Rub dish with clove of garlic put in dressing, add chopped parsley and spring onions (optional). Add salad greens, such as lettuce, watercress, endive, etc. Toss your salad at the moment of serving (never beforehand). Add a few tarragon leaves to dressing if desired.

# Belfast Restaurant

(Max Ares)

**472**

## BAVARIAN SAUERBRATEN (serves 4-6).

Use roasting beef, first grade or prime (boned). Pour the following ingredients over meat:—

|                    |                             |
|--------------------|-----------------------------|
| ½ cup Vinegar      | 8-10 Pepper Corns           |
| 1 cup Lemon Juice  | 4 Bay Leaves (crumpled)     |
| 1 teaspoon Sugar   | 1 Clove of Garlic (mashed)  |
| 1 teaspoon Paprika | 3 medium Onions sliced thin |
| ½ teaspoon Pepper  |                             |

Marinate 4 days, turning meat over every 24 hours in the refrigerator. Place meat and all ingredients into pot roast pan, where ½ cup of cooking oil has been placed. Cook at high temperature for 15 minutes. Reduce temperature to medium-low for 45 minutes. Remove meat from pot roast pan, make gravy and serve with Potato Patties and Bavarian Cabbage.

**473**

## BAVARIAN CABBAGE

|                             |                          |
|-----------------------------|--------------------------|
| ½ head red or white Cabbage | 2 tablespoons Vinegar or |
| 1 tablespoon Cornflour      | Lemon Juice              |
| Salt and Pepper             |                          |

Shred cabbage, cover with water and boil till tender. Mix cornflour with some of the cabbage water, add vinegar or lemon juice, salt and pepper to taste, pour into the cabbage and continue boiling till sauce thickens.

**474**

## POTATO PATTIES

Boil 1 lb. potatoes, mash well, add salt, pepper, 1 teaspoon baking powder and 4 or 5 sprigs of parsley finely chopped. Form into patties and fry till brown in chicken fat or oil.

**475**

## CHOCOLATE PECAN CREAM PIE (serves 4 to 6)

|                             |                              |
|-----------------------------|------------------------------|
| 7" ready-baked Pie Shell    | 12 ozs. Water                |
| 2 ozs. Powdered Milk (Klim) | 2 Egg Yolks                  |
| 6 ozs. white Sugar          | ½ oz. Butter                 |
| 1½ ozs. Cornflour           | 4-6 drops of Vanilla Essence |
| Pinch of Salt               | ½ cup chopped Pecan Nuts     |
| 1 oz. Cocoa powder          |                              |

Mix all dry ingredients together, bring water to boil, add all dry ingredients, stirring constantly. Cook for 30 minutes. Remove from fire. Beat egg yolks. Combine with mixture. Slowly stir for 1 minute. Add butter (melted), Pecan nuts and vanilla essence. Pour when cool into pie shell. Top with whipped cream.

**476**

## BUTTERSCOTCH SAUCE (enough for 1 pt.—16 oz.)

|                       |                         |
|-----------------------|-------------------------|
| 12 ozs. Sugar (brown) | 2 ozs. Butter           |
| 3 ozs. Water          | 3 ozs. evaporated Milk  |
| 4 ozs. Karo Syrup     | (condensed unsweetened) |

Cook sugar, water and Karo syrup to 238° F. (Dip in spoon. Drop one drop of syrup into cold water. Should form hard ball after 5 seconds). Cool to avoid curdling to 180° F. (or cool for 10-15 minutes). Add melted butter and warm milk, beating until thick and smooth. A few drops of lemon juice improves flavour. Use hot for ice cream toppings, and cakes (served as "sweets" course).

**Note:**—This sauce can be made in a large quantity and stored, as it keeps indefinitely. Cloudiness is not a sign of deterioration.

## Carlton Hotel

(Chef Morini)

477

### CANETON A' LA BIGARRADE (DUCK A' L'ORANGE)

Roast a plump duckling for 15 minutes in oil in a deep pan. Add 2 sliced onions and carrots,  $\frac{1}{2}$  pint tomato puree and  $\frac{1}{2}$  pint brown stock. Season, add "bouquet garni," boil up, cover and braise in the oven 40 minutes. Remove the duck, keeping it warm while the sauce is prepared.

Take some large juicy oranges, shave off and shred the rind with a sharp knife. Blanch this rind in boiling water and set it aside. Peel the pith off the oranges and cut them either in quarters or rounds, saving the juice. Then combine some orange and lemon juice in a pan, add a little sugar and let it reduce. Strain the braising gravy from the duck into this, thicken it with Espagnole, add the blanched strips of orange peel and reduce slowly; this will cook off the peel. Season with cayenne and salt, add some orange Curacao to flavour the sauce, which is not strained and must have a glossy appearance, be free of fat, have the consistency of cream and a deep reddish brick colour. It is very important that this sauce, garnished with its peel, must be "just so."

Serve duck whole or cut up in portions. Garnish with sauce bigarrade and decorate with the orange quarters or rounds. Accompany with a light potato puree (usually tinted with orange colouring) and minted new peas.

★ ★ ★

478

### SPRING CHICKEN CHASSEUR

Cut 2 nice chickens, each about 2-2½ lbs., into pieces for serving, season with salt and pepper and dredge lightly with flour. Heat  $\frac{1}{2}$  cup of good olive oil to smoking point, add the chicken and brown thoroughly on all sides.

Then add 8 small white onions, 2 small green peppers, drained, and 2 slices finely chopped canned red pimento, 1 large clove of garlic finely chopped, and 2 cups of canned tomatoes; season to taste with salt and pepper, add 1 large bay leaf tied with 6 fresh sprigs of parsley and 1 small sprig of thyme, cover and simmer very gently for 1¼ to 1½ hours. Then add 2 cups of peeled, thinly sliced mushrooms and continue simmering 25 minutes longer. If you have some good beef extract on hand (commercial) stir in 1 teaspoonful just before serving, as this will enrich the sauce. Serve as hot as possible.

Spaghetti seasoned with tomato paste is the usual accompaniment of this dish.

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# Criterion Restaurant

(Chef Farrenkothen)

**479****BOEUF MARINEE A L'ALLMANDE (serves 6)**

|                                    |                              |
|------------------------------------|------------------------------|
| 2 lbs. best-cut Steak (in 1 piece) | 2 Bay Leaves                 |
| 1 Onion; $\frac{1}{2}$ Carrot      | Salt and Pepper              |
| 6 Peppercorns                      | Flour; Fat                   |
| 1 Sprig Marjoram                   | Equal quantities Vinegar and |
| 1 Sprig Thyme; 2 Cloves            | Dry Red wine to cover meat   |
| 1 Stalk Celery; 1 Leek             |                              |

Place steak in basin. Make a marinade of all liquids, vegetables and spices (not the salt and pepper) and pour over steak. Cover basin with muslin cloth and leave in cool place for 4 days.

Remove steak from basin, season with salt and pepper, coat lightly in flour and fry in fat or oil until browned on both sides (few minutes only). When browned, place in saucepan, with a very little fat. Add the strained vegetables and spices of the marinade. Close the lid and allow the meat to braise in the oven, slowly adding small quantities of the marinade from time to time, during the braising process.

★ ★ ★

**480****POTATO DUMPLINGS**

About 2 lb. boiled potatoes, cooled and mashed. Add to this,  $\frac{1}{2}$  chopped onion which has been slightly browned in chicken fat. Add 3 tablespoons cornflour, 2 tablespoons flour, 2 egg yolks, seasoning and a little nutmeg to taste. Mix lightly with a wooden spoon, just to form into a dough. If too moist, add a very little flour. Turn on to floured pastry board. Form small balls with floured hands. Have ready a pot of boiling, salted water. Drop dumplings gently into water. As each rises to the top, it is ready. Put on one side in a pyrex dish ready for serving. Spoon on hot melted chicken fat just before serving. Garnish with sprigs of chopped parsley. Serve with "Boeuf Mariné a l'Allmande."

★ ★ ★

**481****TOURNEDOS A LA WITTELSBACH**

|                                |                                   |
|--------------------------------|-----------------------------------|
| 6 medium-sized best-cut Steaks | 1 $\frac{1}{2}$ cups Dry Red Wine |
| 6 rounds of white Bread        | 1 cup thickened Gravy             |
| 1 Onion                        | Mushrooms                         |

Fry bread. Slice onions in fine rounds. Slice mushrooms thinly. Cook onions and mushrooms in wine until tender. Cook until liquid is reduced to about 1 cup. Add gravy. Fry separately, slightly seasoned steaks according to preference. Place each steak on a round of fried bread. Cover with mushroom sauce. Over each place a pancake.

★ ★ ★

**482****PANCAKES**

Two cups flour, 2 beaten eggs; a little water to make thin batter,  $\frac{1}{4}$  teaspoon salt and touch of nutmeg. When batter is ready, heat a small sized frypan. Grease. Put in sufficient batter just to cover bottom of pan. Cook till done on underside; turn over for a few seconds.

**Thickening or Gravy.**—If using tinned mushrooms, mix some chicken fat with a little flour or thickening agent. Add half the mushroom juice. Mix well. Add to "Tournedos" as thickening.

## Dawson's Hotel

(Chef Bretscher)

**483**

### VACHERIN AUX FRAISES

Beat 5 egg whites with  $\frac{1}{2}$  lb. icing sugar until a meringue mixture is obtained (must be stiff, but not dry). Fill a pastry bag with "star" tube attached. Starting in the centre, work round in a continuous circular motion (on a baking sheet) until a completely filled-in circle, the diameter of a fish plate, is obtained. Press through a second row on the outer edge to form a rim. Make a second meringue same size, but without a rim. Dry in a very cool oven (overnight if necessary).

When completely dry and cold, place on the meringue some small cubes of thin sponge cake, soaked in a good, sweet liqueur (e.g., Maraschino, Van der Hum, brandy or rum). Cover with unsweetened whipped cream and well-washed and drained strawberries. Place the second baked meringue on top and garnish with whipped cream and strawberries or cubes of fruit ice. Garnish around sides with cream and finely sliced nuts. (Note: Cream should be added shortly before serving, otherwise the meringue will soften).

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**484**

### FILET DE SOLE DU PATRON

1 firm, fresh Sole  
Oil and Butter : Flour

Seasoning and Lemon Juice  
Tinned Peaches and Pineapple.

Fillet sole and cut down length so as to make 4 fillets. Season lightly. Squeeze on lemon juice, the more the better. Dip into flour. Shake off surplus flour. Heat small quantity of oil in fry-pan and fry.

As oil in pan gets used up, add a little butter, and complete frying in butter. Prepare a little browned butter: pour on to fillets which are served on hot buttered plates. Garnish plates with unheated cubes of peaches and pineapples.

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**485**

### EPINARDS EN BRANCHES

Wash spinach thoroughly under cold running water. Remove stems from leaves. Place leaves in large quantity of boiling salted water. Boil quickly and lift leaves out of water as soon as tender. Squeeze out surplus water between hands.

Place on wooden board and chop lightly into coarse sections with large, sharp knife.

Melt some butter in a frying pan; when very hot, add spinach. Add seasoning and a little grated nutmeg. Turn spinach in pan till heated through and serve immediately on a hot buttered dish.

## Dorchester Restaurant

(Chef Romanoff)

486

### FISH SOUFFLE (serves 5)

|                                     |                               |
|-------------------------------------|-------------------------------|
| 4 filleted Soles, 2 tablesp. Butter | 1/2 cup grated Cheddar Cheese |
| Pinch Salt and Pepper               | 1 tablesp. Cornflour          |
| 1/2 cup fresh Cream, 2 Eggs         | Cayenne Pepper, Salt          |

Lay fillets in greased pyrex dish, add salt, pepper, 1 tablesp. butter and cream. Bake in moderate oven 15 mins. Meanwhile melt tablesp. butter, add cornflour, mixing constantly, then cheese, pinch of cayenne pepper and pinch salt. Mix to smooth mixture. Add yolks, beating in briskly. Whip whites stiffly, fold into mixture; pour over baked fish. Return to oven till nicely browned. Serve immediately with mashed potatoes and parsley.

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487

### CREPE SUZETTE (serves 6)

|                  |                     |
|------------------|---------------------|
| 1 cup Flour      | 2 Eggs, 2 cups Milk |
| 1 tablespoon Oil | Pinch Salt          |

Beat eggs well with oil and milk. Add flour and salt; beat to consistency of cream. Grease small frying pan well and heat. Make small thin pancakes.

**Sauce for Pancakes.**—1/2 cup sugar, 1 orange (rind and juice) juice of 1/2 lemon, 2 tablesp. brandy.

Burn sugar in pan to light caramel, add grated rind, lemon juice, orange juice and 2 tablesp. brandy. Boil for a few minutes. Fold pancakes into triangular shape, put into pan with the above sauce; simmer for 3 minutes. Set afame; serve immediately.

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## International Restaurant

(Chef G. Bonora)

488

### GNOCCHI PIMONTESE (serves 4-6)

|                       |                                |
|-----------------------|--------------------------------|
| 3 lbs. Potatoes, Salt | 1/4 lb. Butter, 1 lb. Flour    |
| 1/2 cup Tomato Sauce  | 1/4 lb. grated Parmesan Cheese |

Boil potatoes in jackets. Sieve. Place flour on board and make a well. Add the hot mashed potatoes; knead to form dough. Divide into sections; make long, narrow rolls about 1/2 in. diameter. Cut into thin slices; depress centre of each with finger (very important).

Throw slices into boiling salted water. As they rise to the top remove with strainer, drain well; place in dish. Heat butter till brown. Sprinkle cheese over the gnocchi and then pour the hot butter over it. Lastly, pour over hot, home-made, freshly-made tomato sauce.

**Tomato Sauce.**—Remove stem ends from 3 or 4 very ripe large tomatoes. Place them whole in boiling water for 1/2 minute. Remove skin, and dice. Fry a small cut-up piece of onion in a little butter till brown, add tomatoes, season. Cover with lid, and cook slowly about 10 minutes, stirring occasionally. Add a nut of butter, mix well, and pour immediately over gnocchi.

## ***His Majesty's Cellar***

(R. Casarotti)

**489**

### **STEAK DIANE.**

5 ozs. best-cut Steak

Pepper and Salt

2 tablespoons Chicken Fat

1 dessertsp. Worcester Sauce

1 dessertspoon chopped Parsley

Beat the steak well until very thin. Put chicken fat in a pan and heat until a nice golden colour. Add Worcester sauce and bring to the boil, then add the steak. When cooked, add parsley and serve very hot.

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**490**

### **SUPREME OF CHICKEN A LA KIEV**

Fillet the breast and wing of a tender chicken. Flatten out and remove sinews. Mix 1 oz. of fat with chopped parsley and mustard. Put this mixture across the flattened chicken from top to bottom, then roll the chicken and secure with toothpicks. Dip the chicken in beaten egg and then in bread crumbs. Fry in plenty of chicken fat. Serve with straw potatoes and fine strips of beetroot.

★ ★ ★

(Chef Dalghleish)

**491**

### **PAUPIETTE OF BEEF CHEZ MOI**

Take a 2 oz. thin slice best-cut of beef and beat until very thin. Prepare a stuffing of chopped suet, bread crumbs and parsley, pepper, salt and nutmeg. Combine mixture with 2 eggs. Lay the beef flat and spread stuffing all over. Roll beef up and close with toothpicks. Braise in oil with very finely cut carrots, onion, parsnips and tomatoes. Cover the pot and simmer for one hour. Serve with rice or spaghetti.

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**492**

### **LAMB CHOPS JUBILEE**

Take two lamb chops, cut thick, then slit through middle of each, so as to open like a book.

Chop green pepper, onion and a few mushrooms very fine, and fry in chicken fat, adding pepper, salt and cayenne pepper. When ready, mix it with 3 ozs. cooked rice, then put this mixture into the chops and close them with toothpicks. Fry gently in chicken fat. Serve with tomato sauce.

## Luthje's Langham Hotel

(Chef Sheinermann)

### 493 GEDAEMPFTE FLEISH (OLD-FASHIONED POT ROAST)

|                           |                           |
|---------------------------|---------------------------|
| 4 lbs. Beef shoulder—top  | 1/2 teaspoon Paprika      |
| 3 Onions, diced or sliced | 4 Bay Leaves              |
| 2 Cloves Garlic, minced   | 10 Peppercorns            |
| 1 Carrot, shredded        | 1 small Red Pepper        |
| 1 stalk Celery, diced     | 1 1/2 cups Soup Stock     |
| 1 Green Pepper, diced     | 2 teaspoons Salt          |
| 3 tablespoons Schmaltz    | 2 tablespoons brown Sugar |

Heat Schmaltz in a heavy pot and braise the meat until browned on all sides. Add remaining ingredients in the order listed, cover and simmer for 1 1/2 to 2 hours. Slice when tender and serve with gravy from pot. Tomato Juice may be substituted for soup stock.

**For Pressure Cooker Method.**—Follow the same procedure as above, reducing the liquid to half the amount.

## Orange Grove Hotel

(Menotti Bianchi)

### 494

#### MINESTRONE SOUP

|  |                                    |
|--|------------------------------------|
| 1 Onion, chopped                       | 1/2 cup sliced Celery              |
| 1 Leek, chopped                        | 1 1/2 cups diced Potatoes          |
| 3/4 cup diced Carrots                  | 3/4 cup Peas; Salt and Pepper      |
| 3/4 cup diced Turnips                  | 1/3 cup Spaghetti or Rice          |
| Piece of Cabbage, shredded             | 2 1/2 teaspoons Tomato Paste       |
| 2 quarts Chicken Broth or any Consomme | 1 cup cooked dried Beans           |
|  | 1 tablesp. Parsley, finely chopped |

Fry onion in a little oil or chicken fat till pale brown. Add leek, carrots, turnips, cabbage, celery, continuing to fry in same oil till slightly brown. Pour on chicken broth or consomme, and mix in tomato paste. Cook till vegetables are partly done, then add potatoes. Cook another 10 minutes, add seasoning to taste, then the peas, cooked beans and small pieces spaghetti (or rice), and cook till all vegetables are soft. Add the parsley and serve immediately with all the vegetables.

**Note:** For non-kosher households, place a dish of grated cheese on the table, for individual helpings to be added to the soup.



### 495

#### COSTATA ALLA FIORENTINA (1 serving)

Entrecote Steak (Beef Steak from Rib) about 2" thick; Salt and Pepper.

Cut away fat, but leave meat on bone. Beat meat very thin to less than 1/4 inch. Season. Pan-broil on slightly oiled very hot pan for a few minutes on each side, for under-done steak, and proportionately longer for medium to well-done.

**Sauce.**—4 tablesp. oil, 1 clove garlic, juice of 1 1/2 lemons, chopped parsley. Heat oil in pan, add garlic during heating (then remove). Pour lemon juice into oil when very hot; add parsley. Work quickly. Pour over grill and serve immediately, piping hot, on individual plates. Serve with French Salad. See Recipe No. 471.

# Poccardi's Cordon Bleu Restaurant

(G. Poccardi)

496

## CREPE FLORENTINE (serves 6)

Prepare 12 Crepes (French pancakes) as follows: Beat together until smooth, 4 tablesp. flour, 3 eggs, 2 tablesp. cold milk, pinch of salt, pinch of nutmeg.

**Stuffing.**—Cook 2 lbs. spinach, drain and chop finely. Brown 1 large-chopped onion in 2 tablesp. butter. Drop in the spinach and mix through for a few seconds. Beat 3 eggs and fold them into  $\frac{1}{2}$  lb. cottage- or cream cheese. Add to mixture in pan and fold lightly for a few seconds only. Add salt, pepper and nutmeg to taste. Cool. Place equal portions of this mixture on each crepe, rolling up like cigars and trimming the ends straight. Place them in a pyrex dish, and pour Florentine sauce over them. Then sprinkle 2 tablesp. grated yellow cheese over the top. Place in oven under the broiler until a nice golden brown, and serve immediately.

**Florentine Sauce.**—Melt  $\frac{1}{4}$  lb. butter gradually, add 1 small cup flour, stirring constantly. Cook a few minutes, still stirring, till light yellow. Add slowly, 1 pint hot milk, stirring constantly until the consistency of custard. Remove, cool slightly, add 2 egg yolks and beat up. If lumpy strain. Then add a pinch of nutmeg, and 2 tablesp. grated yellow cheese.

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497

## BAKED FISH A LE SICILIENNE

3 lbs. firm line filleted Fish  
3 Cloves Garlic  
5 large ripe Tomatoes  
1 cup White Wine  
1 cup Olive Oil or Salad Oil  
 $\frac{3}{4}$  lb. Italian Pasta

4 cups Fish stock (made from bones boiled with 2 Onions, Salt and Pepper, and the juice of  $\frac{1}{2}$  a Lemon).  
1 teaspoon Thyme (dry)

Prepare fillets as follows: Wipe them with a clean cloth, rub them with  $\frac{1}{2}$  a lemon and sprinkle lightly with salt and white pepper. Place fish fillets, skin side up in earthenware baking dish of a rather large size, as pasta will eventually expand. Pour over the fish the wine, oil and 1 cup only of fish stock. Skin tomatoes, slice thickly over fish. Cut garlic into thin slices, place over tomatoes, sprinkle the whole lot with thyme. Bake in a hot oven for 15 minutes. Check to see if there is sufficient liquid covering fish entirely; if not, add more stock, lower temperature, add pasta and allow to cook. Add stock gradually from time to time until pasta is cooked and all liquid absorbed. Takes about an additional 20 minutes.

# Skyline Hotel

(Chef Guigard)

498

## FILET DE SOLE VERONIQUE

Fillet a large sole. Cover head and bones with water, add 1 or 2 cloves and bay leaves, sprig of parsley, piece of celery, small onion, salt and pepper, and simmer for  $\frac{1}{2}$  hour to make stock.

Season fillets with salt and pepper, squeeze over juice of  $\frac{1}{4}$  lemon and fold in 3 (don't roll). Chop the white portions of some spring onions, place in bottom of greased saucepan, with folded fillets on top. Add a tot of good dry white wine and enough fish stock just to cover the soles. Poach for a few minutes—just long enough to cook the soles.

In the meantime peel and stone some good white grapes and warm slightly.

Remove fillets to hot serving dish (don't allow to cool), make a white sauce with milk, butter, flour, cayenne, adding the gravy from the fillets (sauce can be thick or thin, according to preference). Pour it over the fillets and garnish attractively with the grapes.



499

## CHARLOTTE A LA RUSSE

Pour red jelly,  $\frac{1}{2}$ " deep, in bottom of mould (or timbales). Allow to set. Then line mould with finger biscuits or strips of sponge cake. Trim off tops to correct size. (If using biscuits, cut off rounded sides so as to fit closely together).

Fill with Bavaroise au Maraschino (or other liqueur flavouring). Set in frig. To unmould, dip for a few seconds in hot water, shake lightly, and turn out. Garnish with Whipped Cream (pressed through icing tube along joins between biscuits), and Canned Fruits.

**Bavaroise au Maraschino.**—Boil 1 pint milk with 6 ozs. sugar. Beat 4 yolks well, add the boiling milk and sugar, and beat again until a light yellow creamy consistency. Cool a little, and stir in 1 oz. gelatine until dissolved. When cold and nearly set, mix with about  $\frac{1}{2}$  pint whipped cream, and a tot of Maraschino. (Other liqueurs, such as Van der Hum, Brandy, etc., or a good sherry can also be used.)

**Note:** Timbales are small individual moulds.

# Stuttaford's Restaurant

(Albert Urscheler)

**500**

## FILLED TOMATOES (serves 4)

Some leftovers from Rice

8 Tomatoes

Some leftovers from any

Mustard (prepared)

Vegetables

2 oz. grated Cheese

Cut the tomatoes either in halves or cut only the tops off. Scoop out the inside and keep the juice. Brush inside of the tomatoes with a little mustard. Mix the juice with the rice and the finely chopped vegetables, warm up and fill into tomatoes. Sprinkle with the grated cheese and bake in pyrex dish for 20 minutes.

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**501**

## STUFFED CABBAGE ROLLS (serves 4)

1 Cabbage

Salt, Pepper and Nutmeg (grated)

10 ozs. Mincemeat

Chopped Onion and Parsley

4 tablespoons Breadcrumbs

2 tablespoons Fat

Boil the cabbage about 15-20 minutes, and then separate the leaves. Spread out a few leaves to use for one roll. Brush over with a little mustard and put on to each roll 1 tablespoon of the well-seasoned mincemeat. Put also a little mustard into the meat mixture. Roll up the leaves and put them with some tomatoes into a pyrex dish. Bake for 40 minutes, basting them a few times.

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**502**

## DUCK WITH ORANGE (serves 4)

1 Duck, about 4 lbs.

1 tablespoon Tomato Puree

4 Oranges

Salt and Mustard

1 cup Soup

2 tablespoons Whortleberries

1 wine-glass White Wine

or Cranberries

Put duck into large roasting pan adding very little salted water. Cook in oven for 1 hour. Then pour off the gravy and fat and leave the duck in the oven. Mix in separate saucepan the gravy, fat, wine, the soup, mustard and the juice of 2 oranges. Pour the cooked mixture over the duck and baste well with it. Cook duck for another 30 to 60 minutes. When serving, mix the gravy with 2 tablespoons whortleberries and put through a strainer. When serving the duck, garnish with orange halves which have been warmed up in the oven and filled with the whortleberries.

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**503**

## CHEESE SOUFFLE (serves 4)

1 pint Milk (or  $\frac{1}{2}$  pint Milk  
and  $\frac{1}{2}$  pint Cream)

7 ozs. grated Cheese

3 ozs. Flour

5 Yolks, 5 stiffly beaten Whites

1  $\frac{1}{2}$  ozs. Butter.

Salt, Paprika, grated Nutmeg

Make a white sauce from butter, milk and flour and let it get cool. Add cheese, yolks and seasoning and, lastly, the beaten whites. Fill mixture into buttered pyrex dish (about two-thirds full) and bake in hot oven with top of oven switched off. Serve with salads.

## Quality Inn

(Chef Louie)

**504**

### CHEF LOUIE'S SABAYON A L'ORANGE (6 persons)

Take a half cupful of sugar, 5 yolks of fresh eggs, 1 whole egg, 3 liqueur glasses of Curacao and the gratings of 1 orange. Mix all these ingredients at once in a copper basin and place in a deep dish of hot water or on a very slow fire. Whip with an egg-beater until it has the consistency of a heavy cream. Serve in a glass with sponge finger biscuits.

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**505**

### LAMB STEAK SAUTE LOUIE

Cut from tender lamb or veal six slices weighing about 8 ozs. each. Season with salt and pepper, and saute in fat for about 5 minutes until both sides are nice and brown. To improve the flavour, a sprig of Rosemary can be added whilst frying. Place on serving dish, and garnish with the bottom of an artichoke filled with young cauliflower and baked with a thick white sauce. Green peas and new parsley potatoes would complete the dish.

Note: For the white sauce, use meat or chicken stock in place of milk, and chicken-fat in place of butter, to conform to kosher requirements.

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## Variety Inn

(Ken Noyle and "Red" Levy)

**506**

### GAS HOUSE EGGS

Cut a thick slice of bread. Press out a round from the centre with a glass tumbler (or a biscuit cutter.). Place slice of bread in hot butter in frying pan and fry for a few seconds. Break 1 egg and slip carefully into the hole in the bread (season if liked). When egg is almost cooked, place a tomato slice on it and turn the whole thing over. Fry, and turn back again. Fry the bread-round; place on top of the tomato slice. Sprinkle grated cheese over fried round and put under "broil" in the oven for a few minutes. Garnish with parsley and serve with tomato sauce.

Editorial note: If preferred, make a small quantity of white sauce, add grated cheese, seasoning and tomato sauce, and serve over Gas-house Eggs.

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**507**

### HOT DOG TOASTIES (8 servings)

8 sausages, 8 slices sandwich bread. Chicken fat. Prepared mustard or Chow-Chow. Finely sliced onion rings. Shredded lettuce. Tooth picks.

Pour boiling water over sausages. Let stand for 8 minutes. Spread fat on bread. Place on Chow-Chow, lettuce and onion rings. Place sausages on cornerwise. Fold over opposite corners. Pin down with 2 toothpicks placed crosswise in the corners that touch each other. Brush with fat. Grill till golden brown. Serve hot with Onion Rings. (See "Miscellaneous" Page 196).

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always chooses a battery  
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# “CONNOISSEURS’ CORNER”



THIS section is presented to you through the courtesy of four of Johannesburg's well-known cookery teachers. Their interest and co-operation have made this outstanding addition to our book possible. Tucked away throughout the book are further gems contributed by them. They are well worth searching for.

## 508 GRAPE FRUIT SHERBET (A novel Appetiser)

**Method.**—Halve 3 Grape Fruit with serrated edges. Squeeze out juice; scrape out and discard rough pith. Mix juice with 2 cups Orange and Lemon Juice (mixed), Sugar to taste, and 2 beaten Egg Whites. Place in freezing compartment of fridge. When at “mushy” stage, place in bowl and beat well. Return to freezer to set firmly. Just before serving, put into Grape Fruit Shells. Top with a Cherry. Serve immediately.

LUCY FRIEDLANDER.



## 509 MOCK CHOPPED LIVER

**Method.**—Mince leftover cooked Green Beans with about 8 Walnuts, 1 hard boiled Egg, fried Onion in Chicken Fat, Salt, Pepper, Cinnamon. Decorate.

JEANETTE COHEN.



## 510 CREAMED HADDOCK BLINTZES

### THE BLINTZES:

|                             |                         |
|-----------------------------|-------------------------|
| Good $\frac{1}{2}$ cup Milk | 3 Eggs, little Salt     |
| 2 tablesp. Olive Oil        | $\frac{1}{2}$ cup Flour |

**Method.**—Blend eggs, flour and salt until smooth. Add milk gradually, then oil. Heat stove. Butter 9" pan; place on stove until hot; pour batter thinly into pan. Cook very lightly both sides. Makes 12 to 14 crepes (blintzes).

### THE HADDOCK :

|                                    |   |
|------------------------------------|---|
| $\frac{3}{4}$ lb. filleted Haddock | $\frac{1}{3}$ pint Sweet Cream; nut of Butter |
| 3 tablesp. grated Cheese           | 1 grated Onion; little Pepper                 |

**Method.**—Soak haddock in hot water for 2 hours. Drain. Simmer in frying pan haddock, butter, onion, pepper and cream until haddock is soft and all liquid absorbed. Remove from stove, add cheese. Cool. Place mixture in centre of each crepe, fold into an envelope; fry in butter to light brown on both sides.

RAY JACOBSON.



## 511 BAKED CHOPS IN ALUMINIUM FOIL

**Method.**—Prepare individual servings as follows:—Wrap in Aluminium Foil 1 or two dry Chops, cubes of Potato, Onion, Tomato, Green Peppers, and season very well with Salt and Pepper. Cook in slow oven about 3 hours. Serve wrapped.

JEANETTE COHEN.

## 512

## USEFUL BASIC PASTRY

$\frac{1}{2}$  cup thick sour Cream      4 ozs. butter; 1 cup Flour

**Method.**—Rub butter with flour; add cream; knead into dough. Chill several hours; use as required. (Can be kept in fridge at least a week).

RAY JACOBSON.

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## 513

## PASTRY FISH ROLL

2½ lbs. skinned, filleted Fish      1 grated Onion; 1 oz. Butter

$\frac{1}{3}$  pint Sweet Cream      1 tin Button Mushrooms

1 Recipe Pastry (See No. 512)      Cornstarch; Seasoning

**Method.**—Cut fish into pieces. Fry with onion and butter. Add 2 tablesp. mushroom liquid; simmer slowly. When almost soft, add cream and sliced mushrooms. Season to taste: simmer slowly till thoroughly cooked. Thicken with 1 tablesp. cornstarch (more if necessary). Remove from stove. Cool and thicken. Roll out pastry into 2 strips (about 16" by 9"); place on buttered baking dish or biscuit pan. Place cold fish in centre of each strip; fold over both sides, seal both ends, and place smooth side uppermost. Brush with egg. Bake at 425° till brown on both sides. Serve with Hollandaise Sauce (see Recipe 198), if required. Serves 15.

RAY JACOBSON.

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## 514

## SOLE BONNE FEMME IN GEM SQUASH

3 very large Gem Squashes       $\frac{1}{4}$  pint Sweet Cream

2 med. filleted Soles      1 small grated Onion

$\frac{1}{2}$  tin Button Mushrooms      1 cup grated Cheese

1 tablesp. Flour or Cornstarch      1 nut Butter; Seasoning

**Method.**—Place butter, onion, sliced mushrooms and 2 tablesp. mushroom liquid in pan; simmer slowly 10 mins. Add cream; season to taste; simmer again for 2 mins. Thicken with flour. Remove from stove; add  $\frac{1}{2}$  cup cheese.

Halve squashes, remove seeds, leaving  $\frac{1}{4}$ " thick squash in shells. Fill each with 1¼ fillets, seasoning to taste, and prepared sauce. Sprinkle with remaining cheese.

Place filled shells in baking pan, with boiling water reaching half way up shells. Place in 425° oven; cook 15 mins. from time water commences to bubble. Switch off oven, switch on griller, leave until tops are light brown. Serve hot.

RAY JACOBSON.

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## 515

## SOLE AU CURRY

2 lbs. Tomatoes, peeled and sliced      1 tablesp. Curry Powder

3 Onions, chopped      Pepper and Salt

6 tablesp. Butter      Flour; chopped Parsley

12 fillets of Sole       $\frac{1}{2}$  cup Sweet Cream

**Method.**—Dip fillets in flour; fry, and arrange on platter. Cook tomatoes and onions in heavy pot for 1 hour. Add curry powder, salt and pepper. Combine cream with sauce and pour over fish, sprinkle with parsley.

JEANETTE COHEN.

516

## SOLES A FERMI

4 Soles; seasoned Flour  
 3 ozs. Butter; 2 tablesp. Oil  
 1 cup dry White Wine

Onion;  $\frac{1}{2}$  lb. Mushrooms  
 $\frac{1}{2}$  pint Sweet Cream  
 Flour, Salt, Pepper

**Method.**—Fillet soles; fold them ends to middle. Dip in seasoned flour; fry in butter and oil for 5 mins. Remove fish; fry minced onion in pan until soft. Add wine. Simmer about 10 mins. Add sliced mushrooms, salt, pepper, and a little flour mixed to smooth paste with water, to thicken sauce. Add cream. Put soles in baking dish; cover with sauce. Heat in  $350^{\circ}$  oven 15 mins. Garnish with parsley.

JEANETTE COHEN.

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517

## VEAL SCALLOPINE

**Method.**—Beat 1 lb. veal slices as thin as possible. Coat with salt, pepper and flour, pounding in with mallet. Fry in hot oil till brown and crisp on both sides. Put in hot baking dish. Pour on sauce, add  $\frac{1}{2}$  lb. mushrooms, and 2 finely sliced green peppers. Bake  $350^{\circ}$  for 30-35 mins., till meat is tender. Serve with Rissotto (see Recipe No. 518).

**Sauce:** Simmer for 45 mins. in covered saucepan: 1 finely chopped onion; 2-4 minced cloves garlic;  $\frac{1}{3}$  cup oil; salt and pepper; 1 can peeled tomatoes;  $\frac{1}{2}$  jar Tomato Concentrate;  $\frac{1}{3}$  cup water; 2 tablesp. dry white wine; 2 bay leaves, 8 peppercorns; dash sweet basil; dash origanum; bouillon cube (optional). Strain...

BETTY ETKIND.

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518

## RISSOTTO

**Method.**—Cook 1 cup chopped onion,  $\frac{2}{3}$  cup chopped celery,  $\frac{1}{2}$  lb. sliced mushrooms in  $\frac{1}{4}$  cup oil till lightly browned. Remove vegetables from pan. Add 2 cups rice (raw) and brown over low heat, stirring constantly. Add: 1 tin Tomato Paste;  $1\frac{3}{4}$  cups hot water; 2 teasp. salt; 1 teasp. Worcestershire Sauce;  $\frac{3}{4}$  teasp. thyme;  $\frac{1}{4}$  teasp. pepper; 3 crushed cloves garlic (optional). Simmer 1 hour or till rice is tender. Stir in 1 cup cooked peas. Heat through about 10 mins. longer. Serves 6.

BETTY ETKIND.

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519

## BLANQUETTE DE VEAU

2 whole Cloves, 1 large Onion  
 2 lbs. Veal cut in 2" pieces  
 1 quart boiling Water  
 $\frac{1}{4}$  cup chopped Carrot  
 1 bay leaf, 2 sprigs Parsley  
 4 Peppercorns, 2 teasp. Salt

1 cup sliced Mushrooms  
 1 doz. small Onions  
 $2\frac{1}{2}$  ozs. Chicken Fat  
 4 tablesp. Flour, 2 Egg Yolks  
 2 tablesp. Lemon Juice  
 1 tablesp. chopped Parsley

**Method.**—Stick cloves into large onion. Simmer meat until tender with water, onion, carrot, herbs, peppercorns, salt. Drain off liquid. Cook mushrooms in a little of this liquid for about 15 mins. Meanwhile cook the small onions in 2 tablesp. of chicken fat, in covered heavy saucepan, for 20 mins. Melt remaining fat, add flour, blend well; add 3 cups veal stock. Bring to boiling point; cook 5 mins. Add lemon juice, yolks, veal and parsley; reheat, without boiling. Garnish with the onions and mushrooms.

JEANETTE COHEN.

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For Recipes of Poultry Stuffings see Numbers 540 and 541.

**520****ARROZ CON POLLO**

**Method.**—In a skillet, sauté in Oil, 3 Shallots or Leeks, and 1 large thinly sliced Onion. In same oil, brown delicately sectioned pieces of a tender Chicken (about  $2\frac{1}{2}$  lbs.) dredged lightly in seasoned Flour. Slice 3 fresh skinned Tomatoes, add 2 cups Chicken Stock, 1 large Bay Leaf, 2 tablesp. minced Parsley,  $\frac{1}{2}$  teasp. powdered Saffron. Cover and simmer Chicken in this mixture about  $\frac{1}{2}$  an hour. Add  $\frac{3}{4}$  cup well washed and drained Rice; cook until Rice and Chicken are tender. Add a glass or two of Sherry. Serve immediately.

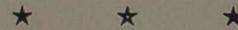
RAY JACOBSON

**521****CHICKEN WITH CHERRY SAUCE**

**A very popular dish !**

**Method.**—In a saucepan, simmer all the Cherries and  $\frac{1}{2}$  the juice contained in 1 tin, 1 cup dry Red Wine and 2 Bay Leaves. As soon as liquid bubbles, add 1 teasp. Cornstarch mixed with a little cold water. Simmer a few minutes. Serve with a tender roasted Chicken (about  $2\frac{1}{2}$  lbs.). Sauce can be made earlier, and reheated before serving. Serves 4.

RAY JACOBSON.

**522****SPICED CHICKEN**

**Chicken with a difference.**

**Method.**—Cut a  $2\frac{1}{2}$  lb. Chicken into serving pieces; dip in well beaten Egg, then dried Breadcrumbs; fry till light brown; drain on greaseproof paper.

In a saucepan, place 2 heaped teasp. Mixed Spice  $\frac{1}{4}$  teasp. crushed Cloves, 1 heaped teasp. Ginger, 4 Bay Leaves, few Peppercorns, 1 lb. pureed Tomatoes, juice of 1 small Lemon, 1 good teasp. Sugar. Add fried Chicken with sufficient water to cover. Simmer  $\frac{1}{2}$  hour, add 15 little Onions; cook further  $\frac{1}{2}$  hour. Add 1 cup well washed Seedless Raisins; cook till Chicken is tender. Taste; add seasoning.

During cooking, add a little more water, so that there is sufficient gravy for the **Rice** that is essential for this very palatable dish.

RAY JACOBSON.

523

## LASAGNE (serves 6)

**Method.**—(1) TAGLIATELLE. Place  $3\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teasp. salt on a board. Place in "well" in the centre 2 eggs, 1 cup cooked pureed spinach. Form into dough, knead about 10 mins. Roll into ball; let stand  $\frac{1}{2}$  hour. Roll dough in thinnest pieces 2" x 6". Cook few at a time in pot of boiling salted water for 5 mins.; drain with slotted spoon. Unfold on to table cloth.

(2) TOMATO SAUCE. Place in a pan 1 large chopped onion, 2-3 cloves garlic, 6 sprigs parsley,  $\frac{1}{4}$  cup oil,  $3\frac{1}{2}$  cups peeled tomatoes, 1 small can tomato paste, 2 bay leaves, 1 teasp. salt,  $\frac{1}{4}$  teasp. pepper,  $\frac{1}{2}$  cup water. Mix well. Toss in 1 lb. minced beef. Cover; simmer 45 mins., stirring occasionally.

(3) BECHAMEL SAUCE. Cook 1 finely chopped onion in 4 tablesp. margarine. Add 3 tablesp. flour and dash of salt. Stir in slowly 2 cups chicken broth, cooking over low heat till sauce is thick. Add 2 slightly beaten yolks; cook 10 mins. more.

In large greased baking dish place layers of 1, 2, 3, until all ingredients are used up, ending with 3. Bake 20 mins. at about  $325^{\circ}$ .

**Variation:** Omit meat. Make step 3 with butter, flour, milk and  $\frac{3}{4}$  cup Parmesan Cheese. Before serving, sprinkle cheese over Lasagne and boil for few minutes till surface is bubbly gold.

BETTY ETKIND.

★ ★ ★

## USEFUL HINT FOR COOKING NOODLES, SPAGHETTI, ETC.—

Add 1 tablespoon Salad Oil to boiling salted Water, to avoid sticking.

BETTY ETKIND.

★ ★ ★

524

## ST. JOSEPH PUFFS

**PUFF CASES:** Melt  $\frac{1}{4}$  lb. butter with 1 cup water and  $\frac{1}{2}$  teasp. salt. Remove from fire. Stir in 1 cup flour. Add 4 beaten eggs one by one; 1 teasp. each of lemon and orange rinds. Drop by teaspoonsful on to greased baking sheet. Bake  $400^{\circ}$  for 10 mins. and  $350^{\circ}$  for 15 mins. Fill puffs, dust with icing sugar.

**Filling:** Mix 1 lb. cream cheese with 3 tablesp. mixed chopped glacé fruit; 1 tablesp. sultanas (previously well-soaked in 2 tablesp. Maraschino); plus that same Maraschino liquid;  $\frac{1}{2}$  cup sugar; 2 tablesp. grated chocolate.

BETTY ETKIND.

★ ★ ★

525

## FROZEN LIMOUSINE

6 pkts. Peanut Brittle (3d. size) 1 cup Milk;  $\frac{1}{2}$  pint Sweet Cream  
1 pkt. Vanilla "Instant Pudding" Nuts; Cherries.

**Method.**—Crush brittle finely. Grease fridge tray with butter, and paper-line with 2 strips (in opposite directions) of well buttered wax paper. Press crumbs thickly into bottom and sides, leaving some over. Whip "Instant Pudding" with cream and milk till thick and very fluffy. Add cherries and nuts. Pour into tray. Top with remaining crumbs. Freeze overnight. Unmould just before serving. Decorate with whipped cream, nuts and cherries. Keeps indefinitely in freezer.

BETTY ETKIND.

526

## BABA AU RHUM

(Quick, simple Method)

3½ dessertsp. Melted Butter  
 1 cup and 1 dessertsp. Flour  
 2 Eggs, 4½ dessertsp. Sugar  
 ¼ cup and 1 dessertsp. Milk  
 1 dessertsp. French Baking  
 Powder

French Baking Powder (obtainable  
 from any chemist) :—

Ingredients :

Sodium Bicarb 30%  
 Monocalcium Phosphate 10%  
 Cream of Tartar 50%  
 Calcium Lactate 10%

**Method.**—Beat eggs till frothy; add sugar. Pour in cooled, melted butter. Sift flour and baking powder twice; add alternately with milk. Beat lightly till smooth, but not too long. Bake in buttered 9" ring mould, at 375°, 15 mins.

While baking, make **Syrup** :—Boil 1 cup water with ½ cup Sugar. Add juice of 1 Lemon. Cool. Add ½ cup Rum. Pour over hot cake which has been placed on serving plate. All the syrup will be absorbed. Serve with Whipped Cream.

JEANETTE COHEN.

★ ★ ★

527

## QUICK TORTONI

**Method.**—Break up and soften slightly, 1 quart vanilla ice cream. Add: ¾ cup crumbed almond macaroons; ¼ cup red and green diced candied cherries; ½ cup chopped salted toasted almonds; 2 tablesp. sherry. Stir quickly together. Pack into frig. tray. Freeze till firm. Unmould, decorate with whipped cream.

**Note:** For Macaroons, see Recipe No. 247, but do not use freshly made ones.

BETTY ETKIND.

★ ★ ★

528

## BANANA AND GINGER ICE CREAM

½ cup Milk, 2 beaten Yolks  
 ½ cup Sugar, 1 teasp. Ginger  
 1 pint Sweet Cream

¼ cup Crystallised Ginger  
 2 Bananas (mashed)  
 1 tablesp. Brandy

**Method.**—Heat milk, yolks, sugar, ginger in double boiler till mixture thickens. Stir in bananas, cut up crystallised ginger, and brandy. Lastly fold in whipped cream. Freeze.

JEANETTE COHEN.

★ ★ ★

529

## PECAN PUFFS

½ lb. Butter, 1 cup Flour  
 2 tablesp. Sugar, Pinch Salt

1 cup chopped Pecan nuts  
 (or Walnuts)  
 1 teasp. Vanilla

**Method.**—Cream butter and sugar. Add the other ingredients. Roll into small balls. Bake at 350° 40 mins. on greased pan to golden brown. While warm, place few at a time in paper bag containing little icing sugar. Shake gently to coat. Repeat when cold.

BETTY ETKIND.

530

## REFRIGERATOR CHEESE CAKE

Shell :

|   |                         |
|---|-------------------------|
| $\frac{3}{4}$ pkt. crushed Coffee Rusks | $\frac{1}{4}$ cup Sugar |
| 2 ozs. melted Butter                    | 1 teaspoon Cinnamon     |

**Method.**—Mix all together; press into bottom and sides of cake tin or pyrex dish (leaving a little aside). Bake in hot oven 10 mins. till lightly browned. Cool.

Filling :

|                                |                          |
|--------------------------------|--------------------------|
| 2 dessertsp. Gelatine, 3 Yolks | 1 dessertsp. Lemon Juice |
| 1 cup Sweet Cream              | Grated Rind of 1 Lemon   |
| 3 or 4 Whites                  | 1 lb. Cream Cheese       |
| $\frac{1}{2}$ cup Cold Water   | $\frac{1}{2}$ cup Sugar  |
| $\frac{1}{2}$ cup Hot Water    |                          |

**Method.**—Soak gelatine in cold water 5 mins. Combine beaten yolks, sugar and hot water in double boiler 5 mins., stirring constantly. Add gelatine and mix till dissolved. Cool slightly. Combine with cheese. Add rind and juice; fold in beaten whites and whipped cream. Pour into shell; cover with remaining crumbs. Leave in fridge till set.

JEANETTE COHEN.

★ ★ ★

531

## SWISS ROLL SURPRISE (\*Parava)

**Method.**—Line a wax-paper-lined tin with slices of Swiss Roll. Bring to the boil  $\frac{3}{4}$  pint Water or Orange Juice, 2 tablesp. Sugar juice and rind of 1 Lemon. Add 1 tablesp. Maizena mixed with a little cold water. Stir and boil for a few minutes. Add 2 beaten Egg Yolks; stir while cooking slowly, till like custard. Fold in 2 stiffly beaten whites. Pour over Swiss Roll in tin. Cool, chill, turn out, and serve.

LUCY FRIEDLANDER.

★ ★ ★

532

## GRAPE NUTS BREAD

|                                       |  |
|---------------------------------------|--|
| 2 cups Sour Milk (or Yoghurt)         | 1 teasp. Bicarb. Soda                    |
| 1 cup Grape Nuts, 1 Egg               | 4 teasp. Baking Powder                   |
| 1 cup Sugar (only if for sweet bread) | 3½ cups Flour, $\frac{1}{2}$ teasp. Salt |

**Method.**—Mix sour milk and grape nuts; allow to stand 10 minutes. Break in egg, add baking powder, soda, salt and flour (sugar optional). Mix with wooden spoon, then knead with hand lightly, but not into a dough (mixture must be moist and sticky). Put into greased and floured loaf tin. Leave to rise on top of stove about 15 minutes, then bake.

Temperature : 325°—350°. Time : 45—60 mins.

JEANETTE COHEN.

★ ★ ★

533

## CRUNCHY POTATO SALAD

**Method.**—In a lettuce lined wooden bowl combine:—1½ lb. coarsely diced cooked Potatoes; 3 hard boiled Eggs;  $\frac{3}{4}$  cup Mayonnaise; 2 tablesp. prepared Mustard;  $\frac{1}{2}$  cup each of diced Celery, chopped Onion, diced Sweet Pickles, diced sweet Cucumber, and coarsely grated Carrots; Salt Pepper, Celery Salt, Caraway Seeds; 2 tablesp. Cider or Tarragon Vinegar.

Decorate with Parsley, red and green Pepper Rings, etc.

BETTY ETKIND.

## MISCELLANEOUS

534

### CORNFLAKE CRUST

(Can be made \*Parava)

4 ozs. Cornflakes

1 oz. Castor Sugar

2 ozs. Butter (or Veg. Fat)

1 tablesp. Syrup

**Method.**—Crush cornflakes well. Cream other ingredients till fluffy. Mix cornflakes well into mixture. Press into greased 9" pie plate. Bake on middle shelf in moderately hot oven (about 375°) for 10-15 mins. until golden brown and set. Fill as desired (e.g., Cheese-Cake) and bake.

GERTRUDE HARVEY COHEN.

535

### ONION RINGS

**Method.**—Slice onion rings. Dip into a batter made of beaten egg and flour. Fry in hot oil to a golden colour. Attractive served hot with fish, meat or any savoury dish.

RAYE CHANANI.

536

### TOAST CUPS (Cases for Savouries)

**Method.**—Cut crust off  $\frac{1}{4}$ " slices White Bread. Press out round shapes with large biscuit cutter. Spread thinly with butter, shortening or Chicken Fat. Ease gently into patty pans. Toast in moderate oven till golden brown. Fill as desired. Serve hot or cold.

GERTRUDE HARVEY COHEN.

537

### ICING SUGAR DECORATION

**Method.**—For quick, simple decoration, place attractive lace-patterned paper d'oyley on top of cake; sift icing sugar fairly thickly on to this, and remove d'oyley gently. Cake will have lace d'oyley effect.

GERTRUDE HARVEY COHEN.

538

### HOME-MADE CREAM CHEESE

**Method.**—Place accumulated sour milk in saucepan on side of warm stove, not over direct heat. Warm, but do not heat. Pour into corner of washed empty flour bag, and gently squeeze out a little of the water. Tie, but not tightly, allow to drip for a few hours.

GERTRUDE HARVEY COHEN.

539

### MUSHROOMS

**Mushrooms** must never be peeled or soaked. Wash, and drain off or dry very well. Slice and use as required. Squeeze lemon juice over to keep them white.

JEANETTE COHEN.

540

### POULTRY STUFFING

**Method.**—Combine 1 tablespoon each of Matzo Meal, Jungle Oats, Breadcrumbs; 2 tablesp. each Flour and Chicken Fat; 1 large Potato and 1 large Onion, grated; Salt; Pepper; 1 beaten Egg.

HANNY SEEFF.

541

### POULTRY STUFFING

**Method.**—Combine 2 large grated Potatoes, 1 small grated Onion, 1 or 2 tablesp. Chicken Fat, 1 dessertsp. finely chopped Parsley; 1 heaped teasp. dried mixed Herbs; Seasoning; 1 beaten Egg; 1 or 2 tablesp. Matzo Meal.

VIOLET WITTERT.

# “BONSELLA”

## (BONSELLA — GIFT PACKET)

542

### ORANGE CHIFFON CAKE (\*Parava)

(Prize-winning Recipe, Rand Easter Show)

|  |   |
|--|---|
| 1 cup Flour, $\frac{1}{2}$ teasp. Salt | $\frac{1}{4}$ cup Salad Oil                 |
| $\frac{3}{4}$ cup Castor Sugar         | $\frac{1}{4}$ cup + 2 tablesp. Orange Juice |
| $1\frac{1}{2}$ teasp. Baking Powder    | 1 teasp. Orange Rind                        |
| 3 Egg Yolks, 4 Whites                  | $\frac{1}{4}$ teasp. Cream of Tartar        |

**Method.**—Sift dry ingredients (except Tartar). Make a well; add oil, unbeaten yolks, juice, rind. Mix very smooth, preferably with mix-master. In larger basin, whip whites and tartar till very dry. Fold in flour mixture. Bake in ungreased tube pan about  $325^{\circ}$ , 45 mins., or until done. Leave in inverted pan until cold. Ice with Orange Icing (see “Icings and Fillings”).

MASHA GAITZ.

★ ★ ★

543

### PINEAPPLE CHIFFON CAKE (\*Parava)

**Method.**—To above basic recipe, add  $\frac{1}{4}$  cup + 2 tablesp. Pineapple Juice (from tin) in place of Orange Juice, and  $\frac{1}{2}$  cup drained, finely chopped Pineapple, very well squeezed out. Bake as above. Decorate with whipped cream and pineapple.

MASHA GAITZ.

★ ★ ★

544

### NUT CHIFFON CAKE (\*Parava)

|  |                                       |
|--|---------------------------------------|
| 2 $\frac{1}{4}$ cups Flour, 1 $\frac{1}{2}$ cups Sugar | 5 Yolks, 1 teasp. Salt                |
| $\frac{1}{2}$ cup Cooking Oil                          | $\frac{3}{4}$ cup Liquid (see method) |
| 3 teasp. Baking Powder                                 | 1 cup Egg Whites                      |
| 1 cup finely grated Nuts                               | $\frac{1}{2}$ teasp. Cream of Tartar  |

**Method.**—Beat whites and tartar in large basin until stiff. Prepare liquid of orange juice and water, or lemon juice and water, or coffee. Add unbeaten yolks and oil. Sift dry ingredients. Combine with liquid. Fold in beaten whites. Fold in nuts. Bake in ungreased 9" or 10" round tin (not funnel) at  $325^{\circ}$  for 55 mins., then at  $350^{\circ}$  another 10-15 mins. Leave in inverted pan until cold. Ice; decorate with nuts.

ESTELLE ROGOFF.

★ ★ ★

545

### BRAZILIAN SYMPHONY (\*Parava)

(Can be served with black coffee after special dinner)

|                                |   |
|--------------------------------|---|
| 1 lb. Brazil Nuts, 1 lb. Dates | $\frac{1}{2}$ teasp. Salt, 1 teasp. Vanilla |
| 6 ozs. Maraschino Cherries     | 3 Eggs, $\frac{3}{4}$ cup Sugar             |
| 6 ozs. Flour                   | $\frac{1}{2}$ teasp. Baking Powder          |

**Method.**—Sift dry ingredients into bowl over nuts, separated dates, drained cherries. Mix through to coat all nuts, etc. Beat eggs till foamy. Add vanilla. Stir well into mixture. Pour into greased double-paper-lined loaf pan (9 $\frac{1}{4}$ " x 5 $\frac{1}{2}$ " x 2 $\frac{1}{2}$ "). Spread evenly. Bake slow oven, about  $300^{\circ}$  for 1 $\frac{3}{4}$  hours. When cool, loosen edges with knife-blade. Best served after storage in tin, keeps about 6 weeks. Slice very thinly with sharp serrated knife.

RUBY JOFFE.

\*For meaning of “Parava” see “Useful Cooking Terms”

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## 546

## CHICKEN WITH GRAPES

**Method.**—Split two small frying chickens in half. Brown evenly in 2 tablespoons fat. Transfer chicken to large casserole. Pour over remaining fat, add 1 teaspoon salt, 8 whole cloves, 2 bay leaves and  $\frac{1}{2}$  cup dry white wine. Bake 30 mins., then add another  $\frac{1}{2}$  cup wine and one cup white grapes without seeds. Continue baking until tender. Serves 4.

GERTRUDE HARVEY COHEN.



## 547

## TUTTI-FRUTTI ROAST DUCK

**Method.**—Soak  $\frac{1}{2}$  lb. Preserved Kumquats in water for about  $\frac{1}{2}$  hour to remove sugar. Roast a young duck as usual, placing 1 whole peeled Orange in inside of duck, and using Salt, Pepper, Ging: (optional) and Onion. About  $\frac{1}{2}$  hour before ready, drain off fat, add canned Pineapple, some pineapple juice and the soaked (or canned) Kumquats.

THELMA COHEN.



## 548

## SWEDISH FRUIT RING

(Can be made \*Parava)

|  |                                     |
|--|-------------------------------------|
| 2 cups Self-raising Flour                        | $\frac{1}{4}$ lb. chopped Dates     |
| $\frac{1}{4}$ cup Sugar, pinch Salt              | $\frac{1}{4}$ lb. mixed Cake Fruits |
| $\frac{1}{4}$ lb. Butter, $\frac{1}{4}$ cup Milk | 3 tablesp. Yellow Sugar             |
| 1 large beaten Egg                               | 1 teas. Mixed Spice                 |

**Method.**—Rub butter with dry ingredients. Add egg mixed with milk. Blend into soft dough. Roll into oblong shape like swiss roll. Sprinkle dates, fruit, sugar and spice over dough. Roll up lengthwise like swiss roll. Form into ring by bringing ends together. Place on well-greased baking sheet. Cut top layer of dough with scissors at 1" intervals all round. Glaze with egg. Bake at  $375^{\circ}$  about 30 mins. While hot, brush top with soft white icing (see "Icings and Fillings").

MASHA GAITZ.

ED. NOTE.—(1): Dates may be omitted and fruits increased to  $\frac{1}{2}$  lb. Chopped nuts may be added. Brown or yellow sugar may be used.

ED. NOTE.—(2): Can be made into "Parava" Pudding by substituting shortening and water for butter and milk, and adding diced banana and pineapple to filling.



## 549

## PINEAPPLE PECAN DELIGHT

(Can be made \*Parava)

|   |                                |
|---|--------------------------------|
| 2 ozs. Butter, 3 Eggs                             | 1 cup Pecan Nuts               |
| $\frac{1}{2}$ cup Brown Sugar                     | 1 teas. Vanilla                |
| 2 tablesp. Flour                                  | 1 can Pineapple pieces         |
| $\frac{1}{2}$ cup Syrup, $\frac{1}{2}$ teas. Salt | 1 unbaked 9" "Cornflake Crust" |
| Preserved Ginger (optional)                       | See Recipe No. 534             |

**Method.**—Cream well butter and sugar. Beat in vanilla and flour mixed with salt. Blend in beaten eggs and syrup. Coarsely chop nuts and ginger, and cut up well-drained pineapple pieces. Fold into mixture. Pour onto "Cornflake Crust" Shell. Sprinkle on a little crushed cornflakes. Bake, middle shelf, moderate oven to golden brown. Decorate with cream (optional) or serve hot.

Temperature: About  $350^{\circ}$ .Time:  $\frac{3}{4}$ -1 hour.

GERTRUDE HARVEY COHEN.

\*For meaning of "Parava" see "Useful Cooking Terms"

550

# LINDY'S FAMOUS CHEESE CAKE

— ★ —

## PASTRY :

1 cup sifted Flour  
 1/4 cup Sugar  
 1 teasp. grated Lemon Rind  
 1/2 teasp. Vanilla, 1 Egg Yolk  
 2 ozs. Butter (or shortening)

## CHEESE FILLING :

2 1/2 lb. Cream Cheese  
 1 3/4 cups Sugar, 3 tablesp. Flour  
 1 1/2 teasp. each Orange and  
 Lemon Rind  
 1/4 teasp. Vanilla, 5 Eggs  
 2 Egg Yolks, 1/4 cup Cream

**Method.**—Mix flour, sugar, lemon rind and vanilla in bowl. Make well in centre, add unbeaten yolk, butter. Work mixture together with hands until it forms a ball. Wrap in waxed paper: chill at least 1 hour. Oil bottom of 9" spring-form pan. Cut off 1/4 of chilled dough, roll it directly on bottom of pan 1/8" thick, with rolling pin. Trim edges. Bake 10 mins. or until golden brown. (Watch carefully, as it burns easily). Cool.

Divide remaining dough into 3 portions. Roll each into a strip 4" x 5" and 1/8" thick. Fit strips round oiled sides of spring-form pan; press joins together to line sides completely. (Amount of dough is exactly right, provided it is rolled thin enough). Chill.

Beat ingredients of filling (except eggs and cream) until smooth (preferably in electric mixer). Add eggs and yolks 1 at a time, stirring lightly after each addition. Lastly mix in the cream. Assemble spring-form pan with baked crust still on bottom, and unbaked pastry around sides. Pour in filling; bake in very hot oven (500°—550°) for 10 mins., then reduce heat to 200°, continue baking for 1 hour longer.

When cold, release sides of pan, remove, and serve without removing bottom of pan. Spread with Topping.

## PINEAPPLE TOPPING :

|                              |                                |
|------------------------------|--------------------------------|
| 1 small tin canned Pineapple | 1/4 cup Sugar, 1 tablesp.      |
| 2 teasp. Lemon Juice         | Water<br>1 tablesp. Cornstarch |

**Method.**—Mix finely chopped pineapple (including syrup) with lemon juice and sugar in small saucepan. Bring to boil. Make smooth paste of cornstarch and water, add to pineapple; cook over medium heat, stirring constantly, until topping glaze is clear and slightly thick. Cool and spread over top of cold cake.

## STRAWBERRY TOPPING :

|                        |                  |
|------------------------|------------------|
| 2 punnets Strawberries | 1/4 cup Water    |
| 1/2 cup Sugar          | 4 teasp. Maizena |

**Method.**—Arrange 1 punnet cleaned strawberries on top of cold cake. Crush second punnet, add remaining ingredients, boil 2 or 3 mins., cool a little, and pour glaze over top of cake.

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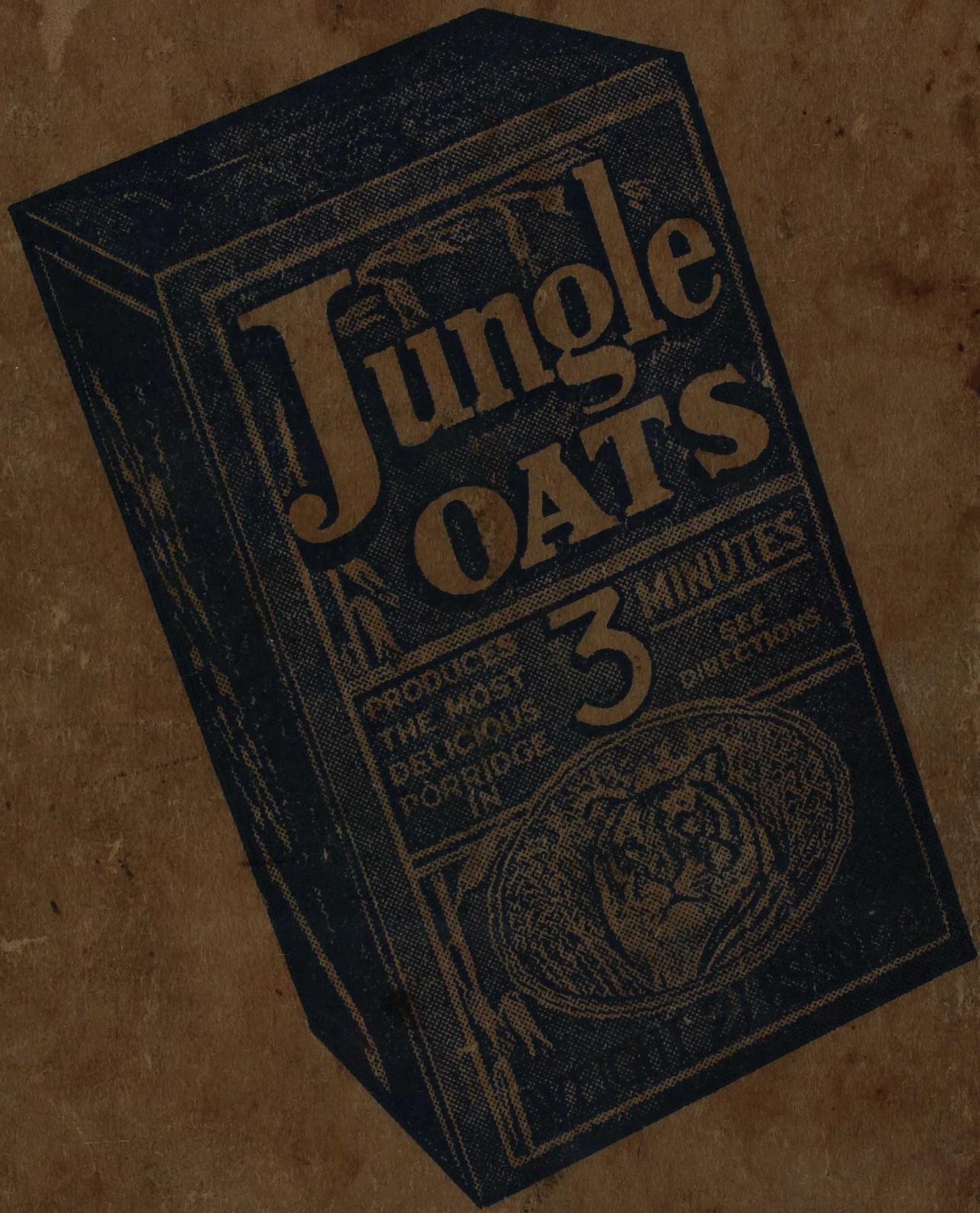
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